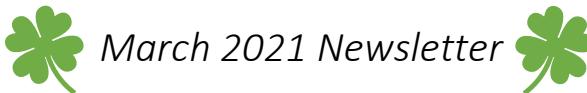


SAND RUN PHARMACY

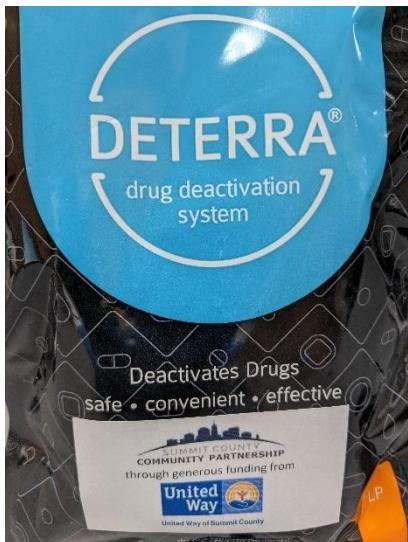


KEEP YOUR PETS SAFE THIS SPRING!

Poison Prevention week starts March 21, 2021!

Here are some tips to help your family stay safe this Easter season

- ✓ **Keep medications locked up and away.**
 - This will help prevent young children from getting ahold of medications accidentally.
- ✓ **Be careful to how you refer to medications around children.**
 - Never call medications "candy"
- ✓ **Read the label carefully on all medications.**
 - Be sure to read the full list of directions, warnings and precautions to help ensure you are giving the correct dose at the correct time.
- ✓ **Know the nationwide poison control number.**
 - Put this number, **1-800-222-1222**, on the fridge, on your cell phone and by your home phones. Call this number if a child accidentally consumes a medication or dangerous products and the child is still awake and alert. If the child is unconscious, call 911.
- ✓ **Get rid of medications you no longer need.**
 - Safely dispose of unwanted and unused medications, including over the counter products, vitamins and supplements. You may dispose of these in the trash mixed with coffee grounds or cat litter. Or use a disposal bag from our pharmacy, free of charge! Our disposal bags safely deactivate your unwanted medications.



It's easy! Just tear open the pouch, place the medications inside and fill the pouch half-way with warm water. Wait 30 seconds and then seal the pouch and gently shake. You can then throw the pouch away in the regular trash.



Pets are an important part of the family, so it is important to keep them safe as well – especially during the Easter season. The first step in protecting our pets is knowing which household items can be hazardous. Pet poisons can include medications, foods, plants and various household chemicals. Some of the most common causes of pet poisoning to **AVOID** are:



- Chocolate
- Grapes and raisins
- Alcohol
- Caffeine
- Onions
- Mushrooms
- Yeast dough

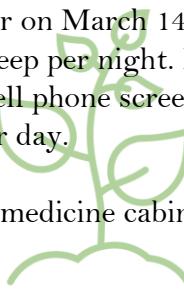


- Acetaminophen products (Tylenol)
- Pseudoephedrine products (Sudafed)
- Albuterol inhalers
- Ibuprofen products (Motrin/Advil)
- Naproxen (Aleive)

Daylight savings is March 14 (and Sleep Awareness Week is March 14-20)

Don't forget to set your clock forward 1 hour on March 14th. This is the time of year that we lose an hour of sleep. It is important to aim for 8 hours of sleep per night. Remember to practice good sleeping habits, which include avoiding television, computer, and cell phone screens 30 minutes before bed, using your bed only for sleep and avoiding caffeine at the end of your day.

Spring is also a great time to clean out your medicine cabinet! Use our medication bags to help you dispose of the medications you no longer need.



Ortho Molecular Cerenity PM

In addition to good sleep habits, Ortho Molecular offers a natural product, Cerenity PM, which may promote relaxation and a healthy sleep cycle. Cerenity PM contains 5 key ingredients

1. **5-HTP** helps make serotonin.
2. **PharmaGABA** provides a natural calming effect and may help regulate the sleep cycle.
3. **Phosphatidylserine** helps regulate cortisol production. Cortisol is a product of the body's stress mechanism and without regulation, cortisol can lead to frequent awakenings during the night.
4. **Taurine** is an amino acid found in the brain which helps protect neurotransmitters.
5. **Mineral blend** of calcium and magnesium helps aid in melatonin production and supports a healthy sleep cycle.



March Word Search



Need greeting cards for Easter, Saint Patrick's Day or birthdays?



Sand Run Pharmacy offers a wide variety of cards for all your special occasions!

A	E	C	L	E	N	S	R	E	V	O	L	C
P	L	Y	A	U	U	E	S	P	R	I	N	G
E	S	P	T	I	C	G	A	E	R	S	I	E
E	S	H	S	E	K	E	L	R	E	Y	S	O
L	E	N	E	P	Y	O	C	E	L	N	H	A
S	L	T	P	A	S	A	F	E	T	Y	U	E
R	L	H	S	L	L	P	E	R	Y	A	P	A
D	T	I	T	T	N	T	E	E	D	C	E	S
D	P	N	T	F	T	P	H	E	R	R	S	A
E	E	R	N	A	D	R	E	Y	H	E	R	N
A	D	E	T	E	R	R	A	R	U	L	F	D
S	N	E	L	N	R	S	N	E	E	R	G	R
G	N	A	E	S	S	I	E	G	E	G	F	U
N	C	V	A	I	A	E	E	N	V	A	R	N

SANDRUN
DETERRA
SPRING
LUCKY
PETS
GREEN
SAFETY
HEALTHY
CLOVER
SLEEP

The first person to return a completed word search will win a West Side Bakery gift card!