

SAND RUN PHARMACY

May 2021 Newsletter

Enjoy the weather without the fear of getting sick!

COVID-19 Safe Activities for Spring

Even though the weather is enticing us to go to the nearest cookout or outdoor event, with the pandemic, it is important to remain mindful when it comes to social distancing. We encourage everyone to get outside and enjoy spring but there are ways to enjoy the outdoors without compromising your health or someone you love. Remember, you could be an asymptomatic carrier so always continue to use social distancing. Here are some great ideas for those itching to get out while being careful:

Walk in nature

- Akron is home to many lovely parks and trails. Summit Metro Parks has a total of 16 parks with 150 miles of trails. Northeast Ohio is also home to the beautiful Cuyahoga Valley National Park (CVNP). Try visiting Brandywine Falls in CVNP to witness one of the hidden gems of Summit County.
- *Stewart's Caring Place* is hosting the **Hope Walk Takes a Hike Event: May 2 - 8, 2021**
 - To benefit the Cancer Wellness Center
 - Sport your exclusive tie dye t-shirt and walk anytime, any day during Hope Walk Takes a Hike week.
 - More details at: give.classy.org/HopeWalk2021

Go camping in your backyard

- All you need is a tent and the willingness to have a good time, but a couple of marshmallows never hurt.

Take some photos

- Northeast Ohio has striking flowers and landscapes. Get creative and walk around your neighborhood or local park and capture some of the gorgeous scenery.

Garden

- Learn to grow your own produce and save tons at the grocery store and eat the freshest fruits and veggies imaginable. Don't forget to share with your local pharmacy staff!

Go to the drive-in

- There are multiple drive-in theaters in the area. Check out the latest movie while indulging on delicious popcorn.

Visit the Akron Zoo

- The zoo is taking extra measures to ensure your safety during this time. Tickets must be purchased online. No tickets will be available at the door. To avoid overcrowding, tickets are available via time ticketing. The Lehner Family Foundation Wild Asia will be opening May 29th!



*The World Health Organization celebrates
May 5th every year as
national hand hygiene day!*

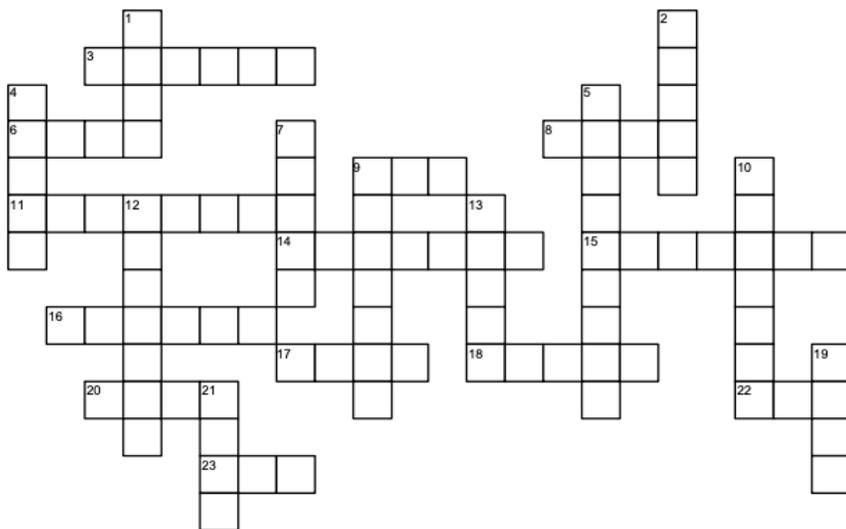
The best thing we can do to help reduce the spread of COVID-19 is wash your hands

Hand washing tips and tricks:

- Wet hands with either warm or cold tap water
- Scrub your hands for at least 20 seconds.
- Make sure to clear under your nails
- Turn off the faucet with a towel



Spring Weather



ACROSS

- 3 Rain _____ the earth.
- 6 March comes in like a _____.
- 8 It makes kites fly.
- 9 _____ makes it hard to see.
- 11 It's supposed to rain today. Take an _____.
- 14 March winds bring April _____.
- 15 A loud noise associated with storms.
- 16 No matter how long this season lasts, spring is sure to follow.
- 17 Not too hot.
- 18 If it's foggy in the morning, it will be _____ in the day.
- 20 Not too cold.
- 22 This gives light to help plants grow.
- 23 Rain mixed with dirt. Don't track it in the house!

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintry substance sometimes falls in the spring.
- 21 March goes out like this animal.

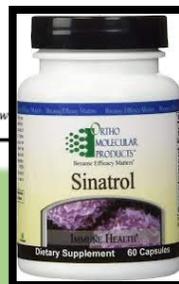
DOWN

- 1 Dark clouds often bring this.
- 2 Hold onto your hat. It's _____ today.
- 4 I may be white and puffy or dark and threatening.
- 5 _____ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May _____.



First person to return a completed crossword, will receive a gift certificate for a hand tied bouquet from Savoir Faire florists.

Ortho Molecular Sinatrol



Spring allergies can be fierce. **SAND RUN PHARMACY** offers Sinatrol for relief from sinus issues. If you experience nasal drainage, minor headache, earache, sleeplessness, or sinus pressure consider using Sinatrol. Sinatrol works by supporting the growth of good bacteria and promoting normal mucus viscosity to allow for easy breathing.

Sinatrol contains only natural ingredients. N-acetyl cysteine is used to promote normal mucus viscosity for easy breathing. Andrographis and eleuthero root extract are immune supporting agents to help the body's natural defenses. Bromelain is an anti-inflammatory. Berberine sulfate supports the growth of good bacteria.

Ask your local Sand Run Pharmacist if Sinatrol is right for you!



Don't forget
Mother's Day is
Sunday, May 9th!

Can I get other
vaccines with the
COVID-19 vaccine?

According to the CDC, you should wait a minimum of 14 days after administration of the mRNA COVID-19 vaccine series to give a patient Shingrix or another vaccine. Alternatively, if you just received Shingrix or another vaccine, you should wait a minimum of 14 days before receiving the mRNA COVID-19 vaccine series.

