

SAND RUN PHARMACY



OCTOBER 2021 NEWSLETTER

FLU SEASON

The best time to get a flu shot is as soon as it is available, ideally before the end of October. It takes 2 weeks for the vaccine to be fully effective, so it is best if everyone gets vaccinated before the flu season really picks up. It is safe to get the flu shot at the same time as any of the COVID-19 vaccines, including the Pfizer, Johnson and Johnson and Moderna.

WHO SHOULD GET IT? Anyone 6 months and older should be getting an annual flu shot. Getting the flu shot can prevent complications due to influenza, especially in pregnant women and immuno-compromised patients!

Sand Run Pharmacy can administer the flu shot to anyone 7 years of age or older (with parent or guardians' supervision)



Get the
FLU  **SHOT**
not the flu!

No appointment needed!

High Dose vs Standard Dose Quadrivalent Flu Shot

HIGH DOSE: Flu vaccine designed to protect against 4 different strains of the flu virus with 4 times the antigens and is approved for **65 YEARS AND OLDER**. It helps give your immune system a better immune response, thus better protection against the flu!

STANDARD DOSE: This flu vaccine is also made to protect you against 4 different strains of the virus and is approved for anyone 6 months and older.

Every year the flu causes severe complications leading to hospitalizations and even death in all ages.

In 2019, the CDC estimates about:

- ~38 million people got the flu
- ~400,000 hospitalizations from
- ~22,000 flu deaths



Happy 🎃 HALLOWEEN

OrthoMune: Daily use to boost your IMMUNE HEALTH



OrthoMune is a natural Ortho Molecular product to support your immune system throughout the cold months ahead as well as during flu season. It contains antioxidants, zinc, vitamin C and vitamin D all in one convenient capsule to help you keep your immune system doing what it does best: keeping you healthy no matter what is thrown your way. Ask our staff about OrthoMune today!

The first person to return a completed word search will win a mixed box of chocolates! Happy Halloween 😊

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

Words List

AUTUMN	IMMUNE HEALTH	FLU SHOT	COSTUME
PUMPKIN	ORTHOMUNE	HALLOWEEN	CANDY
VACCINES	PHARMACY		

Trick-or-Treating Safety Tips During COVID!

Trick-or-treating might look a little bit different again this year with COVID-19 still spreading. Use these helpful ideas to help keep the kids safe, healthy, and having fun this year trick-or-treating!

1. Wear a mask
2. Limit the group size walking around trick-or-treating
3. Avoid large parties
4. Practice good hand hygiene by applying hand sanitizer between houses
5. Take precautions by preparing goody bags or using gloves to hand candy out instead of having a communal bowl

