



SAND RUN PHARMACY

DECEMBER NEWSLETTER 2021

COVID-19 UPDATES

We are offering booster doses for all three COVID vaccines!



Why should I get a booster dose?

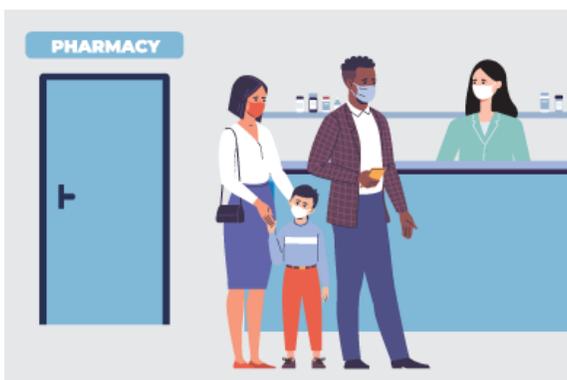
After several months, the vaccines become weaker. There is a greater chance of getting COVID several months after being vaccinated. To stay healthy and safe, those older than 18 years of age should get a booster dose.

Which vaccine should I get?

Currently the CDC supports all brands equally for booster doses. Most people stick with the same vaccine, but you can switch to any other brand for the booster.

Should my kids be vaccinated?

The CDC recommends all children ages 5 and above receive the vaccine as soon as you can. Vaccinating children ages 5 years and older can help keep them in school and help them safely participate in sports, playdates, and other group activities.



COVID – 19 BOOSTER RECOMMENATIONS

Johnson & Johnson (J&J):

Age: 18 years and older

Time: 2 months after 1st dose of J&J

Pfizer and Moderna:

Age: 18 years and older

Time: 1st dose of either COVID vaccine 6 months after the 2nd dose

*** may receive any of the COVID vaccines as a booster***

COVID-19 VACCINES FOR CHILDREN

Pfizer:

Age: 5 – 11 years old & 12 – 17 years old

Time: 2nd dose of Pfizer three weeks apart

HOW CAN I GET MY BOOSTER/VACCINE?

To receive your COVID vaccine, please schedule an appointment at:

www.sandruncharmacy.com

Unfortunately, we are not able to make appointments over the phone or take COVID vaccine walk-in appointments. Thank you for your patience as continue working through the COVID pandemic.



VITAMIN D

What is it?

Vitamin D is an important mineral. It increases calcium levels in the body to keep bones healthy and strong. It can also improve immunity and prevent certain diseases. It improves sleep and happiness. 600-800 units/day are needed.

Why do I need it?

Vitamin D is mostly obtained from the sun. During winter, people get less sunlight causing lower levels. Low levels can cause weaker bones and depression. Taking Vitamin D supplements and eating foods with Vitamin D can prevent this.

Pharmacist Recommends

Ortho Molecular Vitamin D products!

Vitamin D3 is the preferable form, found to maintain Vitamin D levels in the body for longer periods when compared to Vitamin D2.

Located in our vitamin section!



Shopping at SAND RUN PHARMACY

Need some ideas for holiday gifts this year, we've got you covered! We have a variety of **Papyrus** cards and boxed card sets, **Akron on Deck** playing cards, and an assortment of **Waggoner's** chocolates gift sets. Stop in and check out our large assortment! Happy holidays 😊



Holiday Word Mix-up

1. SCTAIM\$HR EEV _____
2. TNRARCUKEC _____
3. ABNGRGEIRDE ESUHO _____
4. ILFYAM RAHGINEGT _____
5. GUYL RESTAWE _____
6. RIKS ERKGLNI _____
7. ANISTITOEP _____
8. EEAPC NO ATEHR _____
9. BTIELNZ _____
10. GLICARNO _____
11. IGTf IINGV _____
12. SEVLE _____
13. ERET OASTMNERN _____
14. YFORST ETH SNNMAWO _____
15. OEGCROS _____
16. ANTVIYIT _____

First person to turn in a correct word scramble will receive a Waggoner's chocolate gift box!



Holiday Hours:

Friday, December, 24th (Christmas Eve): 9 am – 2 pm

Saturday, December, 25th (Christmas Day): CLOSED

Sunday, December, 26th: Closed

Friday, December, 31st (New Year's Eve): 9 am – 2 pm

Saturday, January 1st (New Year's Day): CLOSED

Sunday, January 2nd: Closed