

# SAND RUN PHARMACY

September 2022 Newsletter

## Ticks: How to Protect yourself and your pets

**What are ticks?** Ticks are small parasitic bugs that feed off the blood of mammals. During this feeding their saliva can get into the blood of their host and spread diseases, like Lyme Disease. They typically are found in grassy and wooded areas on the tall grasses, shrubs, and leaves. When an animal or person brush past where a tick lives, it will grab on and attach itself to feed. Ticks are so small that their bites might not be noticed and can be attached for days before they fall off when they are full. Common symptoms of tickborne diseases include fever and chills, aches and pains, and rashes.

### **Protect yourself from ticks**

**Before going outside** Know where you are going and be aware of any potential to come into contact with ticks. To avoid contact with ticks avoid areas with tall grasses, shrubs, and leaves. Use products with 0.5% permethrin to treat clothing being worn outdoors and any gear that is being used (this protection will last through several washes!). Clothing and outdoor gear can also be purchased pretreated with permethrin. Additionally, EPA-registered insect repellants can be used, such as those containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.

**After going inside** Check your clothing for ticks. If any are found, they can be killed by tumble drying the clothing on high heat for at least 10 minutes. If the clothes need to be washed first, hot water should be used. Any gear used should be checked as well. To reduce risk of Lyme

Disease and other tickborne diseases, you should shower within 2 hours of going inside.

### **Protect your pets from ticks**

 **Dogs** Talk to your vet about tick prevention products that are available and what would be best for your dog. After letting your dog in from the outdoors, check them for ticks and remove it right away if you find any.

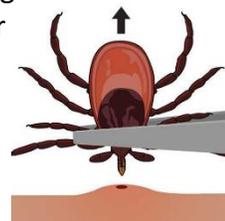
 **Cats** Tick prevention products should not be used unless approved by a vet as cats are more susceptible to the chemicals in these products. If your cat is an indoor cat and never goes outside near tick habitats, tick prevention is probably not necessary.

### **Searching for ticks**

 **Humans** Do a full body check including: under the arms, in and around the ears, inside belly button, back of knees, in and around the hair, between the legs, and around the waist.

 **Pets** Run your fingers through their fur to check for small bumps including: in and around the ears, around the eyelids, under the collar, under the front legs, between the toes, between the back legs, and around the tail.

**What do you do if you find a tick?** With clean tweezers, grab the tick as close to the skin as possible. Steadily pull upwards without twisting or jerking the tick. Clean the bite area with rubbing alcohol or soap and water. Dispose of the tick by putting it in alcohol or flushing it. Call your doctor if you experience any rash or fever.



## Upcoming Events

**Thursday, September 22, 6 PM**

Blue Jean Bash at John S. Knight Center

**Saturday, September 24, 7 AM**

The Akron Marathon

Visit [akronmarathon.org](http://akronmarathon.org) to register and join our staff in running and celebrating 20 years! The race passes near the pharmacy so roads may be blocked.

Support Jason as he runs this year!



The new National Suicide Prevention Lifeline number for those seeking help or support is 988. Available 24/7.

HAPPY  
**Labor Day**

**SAND RUN PHARMACY** will be closed on Monday, September 5th for Labor Day. Normal hours will be resumed on Tuesday, September 6th from 9 AM to 7 PM.

## Check out this Pharmacist Recommended Supplement!

### WholeMune by Ortho Molecular Products

Support your immune health with this dietary supplement for adults that can help prime and mobilize key immune cells, protect against immune challenges, and increase immune vitality and mental clarity. Prepare your immune system for the upcoming cold and flu season!



## September's Pharmacy Crossword Puzzle

### ACROSS

- The name of your favorite local pharmacy!
- Over-the-counter is abbreviated to this
- The season that starts this month
- Who you can talk to if you have questions on your medications
- This event requires you to run 26.2 miles and is happening in Akron this month

### DOWN

- What your doctor writes and what gets filled at a pharmacy
- You would get this to protect yourself from diseases like flu, shingles, or COVID-19
- The holiday that falls on the first Sunday of this month

**\*\*First Person to return a correct and completed crossword puzzle will win a free history book of their choice\*\***

