



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | AUGUST 2024

How the RSV Vaccine Can Protect You and Your Loved Ones

Every year, hundreds of thousands of people are hospitalized due to complications from respiratory illnesses, such as the flu and COVID-19. That's why the CDC recommends that everyone over the age of six months get an annual flu vaccine and a COVID-19 vaccine. Now there's a vaccine available for a third disease that can cause hospitalizations and death — respiratory syncytial virus (RSV).

What is RSV?

RSV is a common respiratory disease that circulates primarily in the fall and winter. RSV spreads the same way the flu does, and its symptoms are similar: coughing, sneezing, fever, a runny nose, and a decreased appetite.

Most people think of RSV as dangerous only for babies and toddlers, since the disease is often like a cold for most people. But as adults grow older — especially once they're over 60 — their immune systems become less efficient at fighting off illness. Even older adults who are healthy and active have immune systems that are less effective at clearing the body of infections.

RSV and older adults

The weakening of the immune system as people age means that RSV becomes more serious as people get older. The virus hospitalizes 60,000 to 160,000 adults and kills 6,000 to 10,000 older adults every year, according to the National Foundation for Infectious Diseases. These numbers might even be underestimated, since RSV testing in hospitals is not as common as flu and COVID-19 testing.

In 2023, the U.S. Food and Drug Administration approved the world's first two RSV vaccines for people aged 60 and older. The CDC now recommends that adults aged 60 and older get the RSV vaccine.

RSV and infants

RSV is the most common cause of bronchiolitis — an infection of the lung's tiny airways — and pneumonia in children under the age of one.

According to the National Foundation for Infectious Diseases, about 58,000 to 80,000 children in the

U.S. are hospitalized for RSV each year, and about 100 to 300 children die from RSV annually. Since it's difficult to develop vaccines for newborns, scientists have developed a vaccine to give to pregnant women. During pregnancy, antibodies from the mother are transferred from the placenta to the growing baby.

In August 2023, the FDA approved an RSV vaccine for women between 32 and 36 weeks of pregnancy. If a mother doesn't get the RSV vaccine during pregnancy, their baby can get a monoclonal antibody called nirsevimab, which helps protect infants under eight months old from RSV.

In addition, it is recommended that children aged 8 to 19 months get nirsevimab if they are at increased risk for severe RSV disease and are entering their second RSV season. This group includes certain children with chronic lung disease from premature birth or cystic fibrosis, children with severe immunocompromising conditions, and American Indian/Alaskan Native children.

Other ways to help prevent RSV

Since RSV is a respiratory virus, everyday hygiene measures can lower the likelihood of you or your loved one developing an RSV infection.

- Stay home when sick and keep children home from school.
- Cover your coughs and sneezes with a tissue or your shirt sleeve.
- Wash your hands frequently with soap and water — or use hand sanitizer when handwashing is not possible.
- During cold and flu season, reduce close contact with others as much as possible.
- Refrain from touching your face or others' faces with your hands if you haven't just washed them.
- Regularly clean surfaces that people touch often, such as counters, doorknobs, remote controls, and other electronic devices.

If you have questions about the RSV vaccine or other prevention guidance, your pharmacist can help.

HEALTH & FITNESS

Safety Tips for Traveling To and From School

Being able to get to and from school without a parent is a great way for kids to develop independence. But whether it's walking to school, riding a bike, or taking the bus, kids first need to learn how to travel safely. To start, do some trial runs with your child before they will be traveling to and from the bus stop or school on their own. Make sure they know the route as well as key safety rules:

Safety while walking to school

- Walk on the sidewalk, if one is available, or walk facing traffic if there is no sidewalk.
- Obey traffic signs and know what signals mean.
- Cross streets at crosswalks.
- Before you cross the street, stop and look left, right, and left again to see if cars are coming.

Safety while biking to school

- Always wear a helmet.
- Make sure your helmet is fitted and secured properly.
- Ride on the right side of the road, with traffic, and in single file.
- Walk the bike across crosswalks.

Riding the bus to school

- Stand six feet away (or three giant steps) from the curb while waiting for the bus.
- Before crossing the street when getting off the bus, wait until the driver puts out the stop sign to signal that all traffic should stop.
- When crossing, first walk on the sidewalk (or shoulder) until you're 10 feet in front of the bus. You should always be able to see the bus driver, and the bus driver should always be able to see you.
- Finally, look both ways before crossing, even if the bus driver's stop sign is out.



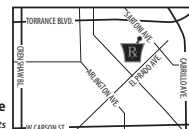
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AUGUST RECIPE

Mexican Grilled Corn and Tomato Salad

Prep Time	Cook Time	Total Time	Serves
20 minutes	10 minutes	30 minutes	8

This bright, colorful salad is the perfect side dish for grilled chicken, fish, or tacos. Made with grilled sweet corn, crisp summer vegetables, black beans, and avocado, it's packed with fiber, healthy fats, and lots of nutrients. It's a tasty way to eat a rainbow of vegetables in every bite.

Ingredients

For the dressing:

1/2 teaspoon lime zest (from one medium lime)
 2 tablespoons fresh lime juice (from one medium lime)
 2 tablespoons olive oil
 1 tablespoon honey
 1 teaspoon Dijon mustard
 1/4 teaspoon cumin
 1/4 teaspoon chipotle chili powder
 1/4 teaspoon garlic powder
 Pinch of salt (to taste)

For the salad:

2 large ears of corn, husks removed
 1 15-ounce can of black beans, drained and rinsed
 1 pint container of cherry tomatoes, cut in half
 2 medium sweet peppers, diced (choose two different colors)
 1/4 cup minced red onion
 1 large avocado
 1/4 cup chopped fresh cilantro, lightly packed
 1/4 cup crumbled Cotija cheese (or crumbled feta cheese)

Tools

Grill
 Measuring cups and spoons
 Microplane (citrus zester), fine cheese grater, or a sharp paring knife
 Jar with a lid
 Chef's knife and cutting board
 Mixing bowl
 Spatula or mixing spoon

Instructions

- Heat the grill to high heat and place the corn on the grill. Let the corn cook for about 5 minutes or until there are grill marks on one side. Cook the corn for another 4 to 5 minutes, rotating it every few minutes until there are grill marks all around and the corn is tender when pierced with a fork or knife. Remove the corn from the grill and let it cool.
- Zest and juice the lime. Zest the lime by rubbing it across the microplane to finely grate the green peel of the lime. Only collect the green part, not the inner white part, which is bitter. If you don't have a microplane, use the fine side of a cheese grater to collect the zest. If you don't have either of these tools, use a sharp paring knife to remove the green of the lime peel, and then mince it finely with a chef's knife. When done zesting the lime peel, juice the lime. (If you juice it first, it will be difficult to remove the zest.)
- Prepare the dressing. In a small jar with a lid, combine the lime zest, lime juice, olive oil, honey, mustard, cumin, chipotle chili powder, garlic, and a pinch of salt. Cover the jar and shake well. Taste the dressing, and add extra salt if needed. Set the dressing aside.
- In a large mixing bowl, combine the black beans, cherry tomatoes, sweet peppers, and onion. Toss lightly to combine the ingredients.
- Stand the corn upright and cut down along the length of the cob to remove the kernels. Add the grilled corn kernels to the bowl with the other vegetables.
- Cut the avocado in half lengthwise, remove the pit, and cut each half into dice-sized pieces. Add the avocado pieces to the bowl.
- Pour the dressing over the salad and lightly toss everything to combine. Sprinkle the cilantro and cheese over the salad and serve.

KIDS CAN!

- Drain and rinse the beans
- Measure the spices for the dressing
- Toss the salad
- Pour the dressing over the salad



For more recipes, scan this QR code or visit www.mygnp.com/recipes.

CHILDREN'S HEALTH

5 Ways to Keep Your Child Healthy When They Head Back to School



| 01

Stay up to date with vaccines.



| 02

Reinforce good sleep habits.



| 03

Get back to healthy eating.



| 04

Review the correct way to wash your hands.



| 05

Reduce stress.



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Product Spotlight



Make back-to-school season a breeze with medicine cabinet essentials from Good Neighbor Pharmacy. We have everything to get your school year started right.