



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | MAY 2026

How To Prevent, Recognize, and Treat Sinus Infections

Your sinuses are hollow, air-filled spaces located behind your forehead and cheekbones, between your eyes, and deep behind your nose. Sinus infections, also known as sinusitis, occur when fluid builds up in the sinuses and allows germs, such as viruses and bacteria, to grow.

What causes sinus infections?

The immediate cause of a sinus infection is the growth of viruses or bacteria in fluid that has built up in the sinuses. But what leads to this fluid buildup?

According to the Centers for Disease Control and Prevention (CDC), common risk factors include:

- A recent cold or other upper respiratory infection, like the flu or COVID-19.
- Seasonal allergies.
- Smoking or exposure to secondhand smoke.
- Structural problems within the sinuses, such as nasal polyps (growths on the lining of the sinuses).

What are the symptoms of a sinus infection?

According to the CDC, these are the common symptoms of a sinus infection:

- Runny or stuffy nose
- Facial pain or pressure
- Headache
- Post-nasal drip (mucus dripping down into the throat)
- Sore throat
- Cough
- Bad breath

How to treat a sinus infection at home

Most sinus infections improve on their own. To relieve symptoms, try:

- **Using moisture and heat:** Place a warm, wet towel over the nose, cheeks, and forehead, or breathe in steam from a bowl of hot water or a shower.
- **Saline solutions:** Use a saline nasal spray or neti pot to loosen and thin the fluid in your sinuses.
- **Humidifier:** Keep your home's humidity between 40% and 60%. The Environmental Protection Agency (EPA) recommends cleaning your humidifier every one to three days and using

distilled water, especially if you have an ultrasonic or "cool mist" humidifier.

- **Over-the-counter (OTC) medications:** Ask your healthcare provider or local pharmacist about OTC decongestants, pain relievers, and antihistamines to ease symptoms.

When should you see a doctor?

According to the CDC, you should see a doctor if you experience:

- Severe headache or facial pain.
- Symptoms that get worse after improving.
- Symptoms that last for more than 10 days without improving.
- Fever that lasts more than three to four days.
- Multiple sinus infections within one year.

How to prevent a sinus infection

The best way to prevent a sinus infection is to avoid the things that lead to a sinus infection. The best way to do this is to:

- **Get vaccinated:** Vaccines can protect you from some upper respiratory infections, such as the flu, COVID-19, and RSV.
- **Cold and flu prevention:** Follow general cold and flu prevention strategies, such as washing your hands regularly, disinfecting high-touch surfaces, avoiding sick people, and taking steps to boost your immune system.
- **Treat environmental allergies:** Common allergens include pollen, dust, mold, and pet dander. This includes minimizing exposure to the allergen and taking OTC allergy meds. If medication and lifestyle changes aren't enough, try allergy shots.
- **Quit smoking:** Smoking irritates the sinuses and increases your risk of infection. Avoid secondhand smoke.
- **Use a humidifier:** Maintain indoor humidity between 40% and 60% to prevent dryness and mold growth.
- **Consult an ear, nose, and throat doctor (ENT):** If you have recurring or chronic sinus infections, an ENT can check for structural problems with your sinuses (like nasal polyps) that make you prone to infections. Many problems can be corrected with surgery.

HEALTH & FITNESS

How to Avoid Artificial Colorings

Artificial colorings are synthetic chemicals manufactured from petroleum-derived compounds. They're used to give foods, drinks, and some medicines bright, consistent colors that don't fade due to light, heat, or time. Red 40, followed by Yellow 5 and Blue 1 are the most commonly used artificial colorings.

Some people try to avoid artificial dyes due to concerns about allergic reactions, hyperactivity, other behavioral issues, and potential longer-term health problems. If you're trying to reduce artificial coloring in your diet or medications, the best first step is learning where and how to look for them.

How to avoid artificial coloring in food

Start by reading the label. Artificial dyes may appear in several forms, including the name of the color (like Red 40), FD&C Red No. 40 (for water-soluble dyes), or Red 40 Lake (for colorings that aren't water soluble).

The FDA allows food manufacturers to just say "artificial coloring" or "artificial colors added" instead. The only exception is Yellow 5, which must be explicitly named if it is present.

How to avoid coloring in medication

The FDA requires all OTC and prescription medications to list by name any artificial colors they contain. On OTC medicine labels, check under the heading "Inactive Ingredients." For prescriptions, ask your pharmacist to confirm whether a medication contains dyes before it's filled.

If you need an OTC product and don't see a dye-free option, ask your pharmacist. Many brands now offer dye-free medications. If you have a confirmed dye allergy and can't find an appropriate dye-free product, ask your local pharmacy if they do compounding.



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MAY RECIPE

Kiwi Spinach Smoothie Bowl

Prep Time	Cook Time	Total Time	Serves
10 minutes	None	10 minutes	2

This gorgeous green kiwi spinach smoothie bowl is a thick, rich smoothie you can eat with a spoon. It's a nutritious meal or snack full of vitamin C, potassium, and iron from kiwi, banana, and spinach, plus protein from Greek yogurt and fiber from flaxseed.

Ingredients

- 1/4 cup flaxseed meal (ground flaxseeds)
- 1/3 cup milk (plant milk or regular)
- 1/2 cup vanilla Greek yogurt
- 2 kiwis, peeled and cut into quarters
- 1 large frozen banana broken into pieces
- 1 cup (packed) baby spinach
- 2 tablespoons unsweetened shredded coconut (divided)
- 4 tablespoons granola (divided)
- 4 medium strawberries, sliced (divided)

Tools

- Measuring cups and spoons
- Paring knife
- Blender

KIDS CAN!

- Measure the flaxseed meal and mix it with milk.
- Add the ingredients to the blender.
- Garnish the smoothie bowls.

Instructions

1. Combine the flaxseed meal with the milk and stir well. Let this sit for about 10 minutes to thicken.
2. Pour the flax-milk mixture into a blender. Add the yogurt, kiwis, banana, and spinach.
3. Blend for about 30 seconds or until smooth, scraping down the sides of the blender container once or twice.
4. Pour the smoothie into two bowls and garnish each serving with 1 tablespoon of coconut, 2 tablespoons of granola, and 2 sliced strawberries.



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

CAREGIVING

Helping Your Family Member Choose a Doctor: 4 Key Considerations



| 01

References and referrals: Start with trusted recommendations and reputable physician directories to find strong candidates.



| 02

Compatibility: Choose a doctor whose communication style and approach feel like the right fit.



| 03

Accessibility: Make sure appointments, locations, and wait times are convenient and manageable.



| 04

Experience and credentials: Look for relevant experience and confirm board certification or specialized training.



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Product Spotlight



From minor cuts to muscle aches, we carry a range of Good Neighbor Pharmacy brand first aid essentials to help you care for life's little emergencies. Stock up and stay prepared.