



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | SEPTEMBER 2022

Is it the Flu or Something Else? Here's How to Find Out.

If you're feeling sick, you may wonder whether you have the flu. While your symptoms can provide some clues, the only way to know for sure is to get tested. That's because common flu symptoms can overlap with symptoms of COVID-19 — or even the common cold. Having a clear diagnosis is an essential part of seeking prompt treatment.

Learn more about the common symptoms, testing options, potential treatments, and prevention.

Symptoms

Especially when cold-weather viruses are going around, it can be hard to tell whether you have the flu, COVID-19, or a cold. A May 2022 article from Health.com found that some people infected with the Omicron variant of COVID-19 were experiencing symptoms that looked more like the common cold: coughing, sneezing, congestion.

For other people, though, COVID-19 symptoms are much more like flu symptoms. According to the CDC, common symptoms of both the flu and COVID-19 may include:

- Fever or chills.
- Body aches and pains.
- Shortness of breath.
- Fatigue.
- Cough.
- Difficulty breathing.
- Headache.
- Sore throat.
- Runny or stuffy nose.
- Vomiting.
- Diarrhea.

People with the flu or COVID-19 may experience loss of taste or smell, although this is more common with COVID-19.

Testing

In order to get treated, you first have to get diagnosed; but with so many overlapping symptoms, diagnosis requires testing. Some pharmacies can run rapid tests for both the flu and COVID-19 — two illnesses that benefit from prompt treatment.

If your local pharmacy offers testing, this may be the quickest and easiest way to get an answer. Otherwise, call your doctor to find out the best way to get tested in your area.

Treating the flu

If you test positive for the flu, contact your doctor to see whether you should take one of the four antiviral treatments available for flu.

The CDC recommends antiviral treatment for people at higher risk of flu complications. This includes people who:

- Are 65+ years old, or younger than 2 years old.
- Have asthma or other lung diseases.
- Have diabetes.
- Have heart, kidney, or liver disease.
- Have a BMI of 40 or higher.
- Have a weakened immune system.
- Are pregnant.
- Live in nursing homes.

There are a number of other conditions that increase your risk of flu complications, so if you test positive, be sure to talk with a doctor.

The CDC reports that antiviral treatments work best when started within two days of symptom onset. For people at high risk of complications, these treatments can reduce the risk of serious illness, hospitalization, and death.

Prevention

The best prevention strategy is to get vaccinated against both the flu and COVID-19. Vaccination reduces your chances of developing an infection, and if you do get sick, being vaccinated helps prevent serious illness, complications, hospitalization, and death.

Practicing proper hand hygiene and staying away from people who are sick can also help protect you.

HEALTH & FITNESS

How to Avoid Fall Allergy Triggers

If you have spring and summer allergies, you might welcome the arrival of fall, but you aren't necessarily immune to fall allergies just because fewer plants are blooming. Ragweed pollen, a common allergen, peaks in mid-September, and some fun fall activities can also act as hidden allergy and asthma triggers.

Here's what you need to watch out for.

Raking leaves

Raking fall leaves can stir up mold and pollen, which can trigger allergy symptoms or an asthma attack. Try wearing an N95 mask while raking to filter out fine particles. You can also reduce mold exposure by raking your leaves when they're dry and changing your clothes as soon as you get inside to avoid tracking allergens through the house.

Fall bonfires

Smoke from bonfires, grills, barbecues, and firepits can trigger an asthma attack. Combustion pollutants from gas-powered fires can also affect you. Sit this one out if you have asthma, or sit away from the fumes or smoke. The warm days and cooler nights that often inspire bonfires are also the conditions under which ragweed pollen thrives.

Hayrides and corn mazes

These fall traditions may be a source of allergens. Mold, ragweed pollen, and dust mites can get trapped in hay bales. Some people also experience an allergic reaction, such as hives or a rash, from touching the hay. Opt for hay-less carriage rides instead.

Apple picking

If you're allergic to ragweed, you may have an oral allergy to eating fresh apples. That's because a protein in apples mimics the protein in ragweed and birch tree pollen. Symptoms include an itchy mouth, scratchy throat, and swollen lips.



MyGNP

GoodNeighborPharmacy

MyGNP



KOVACS FREY PHARMACY

"Locally Owned, Locally Operated, Locally Loved"

2860 Artesia Boulevard

Redondo Beach, CA 90278

Phone: (310) 371-7541

Text Us @ (424) 533-5552

Fax: (310) 542-1488

• Local Delivery

• Diabetes Supplies

• Wound Care

• Most Major Insurance Accepted

kovacsfrey.com





SEPTEMBER RECIPE

Whole Wheat Apple Coffee Cake

Prep Time	Cook Time	Total Time	Serves
15 minutes	40 minutes	55 minutes	12

This easy coffee cake has plenty of spice, plus loads of sweet apple chunks. It's made with white whole wheat flour, which has a lighter color and milder taste than whole wheat flour but has the same nutritional value.

Ingredients

2 1/2 cups white whole wheat flour
 1 cup packed light brown sugar
 3/4 cup olive oil
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon ground ginger
 1 cup rolled oats
 1 cup chopped walnuts
 1 teaspoon baking powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 egg, beaten
 1 cup whole milk
 2 medium red apples, peeled and chopped in 1/4-inch pieces (about 3 cups)

Tools

Measuring cups and spoons
 2 mixing bowls
 Cutting board
 Chef's knife
 13-by-9-inch casserole dish or baking pan (12-by-12-inch dish will also work!)
 Spatula

Instructions

1. Make the topping

Heat oven to 350°F. In a large mixing bowl, mix the flour, brown sugar, olive oil, cinnamon, ginger, and nutmeg. Measure out one cup of the mixture into a medium mixing bowl. Add the oats and walnuts to the medium mixing bowl, then stir everything together until it's lumpy but mixed. Set this topping mixture aside.

2. Make the batter

To the large mixing bowl (with the flour, sugar, oil, and spice mixture), add the beaten egg and milk. Stir until it's a thick batter with some lumps. Add the apple and stir until the apple is evenly distributed throughout the batter.

3. Bake the coffee cake

Spray a 13-by-9-inch casserole dish or baking pan with nonstick cooking spray. (If you use a 12-by-12 dish, reduce the cooking time by about 10 minutes.) Pour the batter into the dish and spread it evenly. Sprinkle the topping mixture over the batter in an even layer.

Bake the coffee cake for 35 to 40 minutes, or until a knife inserted into the center comes out clean. Cool slightly before serving.

KIDS CAN!

- Measure and mix ingredients
- Sprinkle topping over the batter

ASK A PHARMACIST

How Can I Boost My Immune System to Prevent Colds and the Flu?

A robust immune system is the prevention for colds and flus. Creating and maintaining healthy lifestyle habits can help prevent these conditions. Such healthy habits include frequently washing your hands with soap and warm water, eating a well-rounded diet and drinking plenty of water, exercising and remaining active, and getting seven to eight hours of sleep every night. In addition to nurturing healthy habits, it is important to give your body the best protection by being up-to-date on your vaccines, such as your yearly flu vaccine. Finally, over-the-counter supplements are a great way to help boost your immune system. Some great options include multivitamins, vitamin C, and zinc. Stop by your local pharmacy to ensure these over-the-counter options are right for you!



Andrew Johnson
 Pharmacist
 Moore Family Pharmacy
 Allegan, Michigan

The views and opinions expressed above are those of the author and do not necessarily represent those of AmerisourceBergen Drug Corporation. The content is for informational purposes only and is not intended to diagnose, prescribe, or treat any health condition and should not be used as a substitute for consulting with your health professional.

LOCAL LOVE

Gateway Pharmacy Phoenixville, Pennsylvania



“My favorite thing about being a pharmacist is the feeling I get when we help someone.”

Jennifer Urso,
 Pharmacist and Owner

How many years has your pharmacy been in business?

Gateway Pharmacy has been in business since the 1950s. It changed owners twice before the Szilagyi and Katra families bought it in 1982.

What has been the most significant change within your pharmacy over the past five years, and how has it helped you better serve your patients?

We have had two significant changes within our pharmacy over the past five years. The first relates to our efforts to combat the drive to send patients from their local independent pharmacy to a chain pharmacy. Our efforts have helped us better serve patients by enabling us to provide unique services to keep our customers coming back, including exceptional customer service and empathy for our customers. Secondly, COVID-19 really changed what we dispense and how we interact with our customers. We had to change how we did many things, such as increasing deliveries and creating curbside pickup protocols, and our focus took a strong turn to vaccinations and other ways to keep patients healthy during COVID-19.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is the feeling I get when we help someone. It is a good feeling to know you have truly helped someone with their health. It can be scary or frustrating to navigate the healthcare system today, so to see a patient leave feeling comforted makes us feel that our job is important and necessary.

What makes your pharmacy unique?

The true family feel of our pharmacy makes it unique. We have many employees who have worked at Gateway for their entire careers. We have many families that have worked at Gateway (siblings, mother/daughters, etc.). Everyone truly knows everyone in Phoenixville, and it has a small-town feel. Our employees know everyone who comes in the door — and if they don't, they will remember them the next time they come in. We try to provide one-of-a-kind customer service to keep our customers coming back to us. We know they can be forced to go elsewhere, but we want them to choose to come to us.

What excites you most about the future of independent pharmacy?

The pandemic propelled the pharmacist's ability to provide direct patient care — to make clinical decisions and treat patients. It showed that pharmacies can treat large numbers of people safely and effectively without having to involve going to their doctors.

What does *Locally Loved* mean to you?

Being *Locally Loved* means being a pillar in a community where people can go and find compassion, education, kindness, and empathy — to be a place that the community can count on!