

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



The Flu Shot: Separating Myth from Fact

The CDC estimates that between 9 million and 49 million people fall ill from the flu each year, leading to more than 200,000 hospitalizations and tens of thousands of deaths annually. But as a recent University of Chicago survey noted, almost 40 percent of American adults still skip the flu shot.

There are many reasons why people may avoid this vaccine — but some of the most common excuses for skipping the annual flu shot are based on myths and misconceptions about what this vaccine is and how it can protect you — and your community.

Here are some of the most pervasive myths about the flu shot:

MYTH: The flu shot works only if you get it before November.

FACT: The CDC recommends that people get vaccinated before the onset of the flu season, which is generally in early November. Since it takes approximately two weeks after the flu shot for your body to develop the protective antibodies, getting vaccinated at the beginning of the school year, or no later than Halloween, offers the greatest protection. However, there's a reason why the flu vaccine is available throughout the flu season: Just two weeks later, you'll be covered for the rest of the season. This is especially important if the flu season runs late, as it did in the 2018-2019 season. If you have questions about whether you would benefit from a flu vaccine, talk to your doctor or pharmacist.

MYTH: The flu vaccine can give you the flu.

FACT: While the flu vaccine can result in some side effects, including headaches, fever and muscle aches, in approximately one to two percent of people, the flu shot won't infect you with the influenza virus. According to the CDC, flu vaccines use either inactivated viruses or specific genes from different strains of influenza (isolated from the viruses and then transformed into vaccine form) in order to help your body build protective antibodies. Neither inactivated viruses nor the gene-based vaccines

are infectious. So while you may experience a few mild but annoying side effects after receiving a flu vaccine, these symptoms are decidedly not the flu — and won't last for more than a day or two.

MYTH: The flu shot is only for people with a compromised immune system.

FACT: Even healthy people can get the flu. As noted above, the CDC estimates that approximately five to 20 percent of Americans will be infected each year. By receiving a flu vaccination, you can not only protect yourself (and save yourself a week in bed or worse) but also protect your friends, family and broader community, especially those who may suffer from a compromised immune system.

MYTH: Flu vaccines can cause autism.

FACT: Absolutely false. In the late 1990s, a controversial study suggested there was a link between the measles, mumps and rubella (MMR) vaccine and the later development of autism. In the years since, this study has been thoroughly debunked, several times over — and studies looking at other vaccines, like the flu vaccine, have demonstrated they do not cause autism. According to the CDC, multiple studies have shown there is no link between vaccines, or vaccine ingredients, and the development of autism. This includes the flu vaccine.

MYTH: The flu vaccine won't really stop you from getting the flu.

FACT: Each year's flu vaccine contains protection against a few viruses that the CDC deems as most prevalent (or dangerous) in a given flu season. The vaccine will protect you from picking up those specific strains, but it may leave you vulnerable to others that are very different from those selected. That said, some vaccinated people may still catch one of the strains included in the current year's vaccine. But studies show that when that occurs, individuals who are vaccinated experience less severe symptoms and fewer flu-related complications and are much less likely to require hospitalization during the course of their illness. So even if you do pick up a flu virus, you are still better off being vaccinated.

Health & Fitness

Healthy Eating for Kids: Top Tips & Tricks

Between the ready availability of sweets and treats, commercials for sugary cereals during your kids' must-watch shows, and picky eaters who turn their nose up at every green vegetable, it may seem like getting your child to eat healthy is a battle you are destined to lose. But don't worry — there's hope! Here are a few tips to help encourage your child to adopt healthy eating habits.

- 1. Be a role model.** Your child looks to you for guidance, which means they are also aware of every morsel you put in your mouth. They notice when you consistently forgo salad for a burger or indulge in sweets before a meal. The U.S. Department of Agriculture (USDA) recommends that parents show, rather than tell, their kids how to eat right.
- 2. Keep healthy options on hand.** Kids tend to go for foods that are readily available. WebMD suggests having a bowl of fruit within easy reach. You can also create snack bags of washed and cut-up vegetables, such as peppers, carrots and celery, and leave them on the lowest fridge shelf for easy-to-reach snacks.
- 3. Mix it up.** Some foods, especially vegetables, can be an acquired taste. It may take multiple tries before your kid is even willing to try a bit. The USDA recommends having multiple types of veggies on hand and buying your produce when in season. Then, mix things up! Offer your child different colorful veggie options and encourage them to keep trying, allowing them to develop a taste for healthier foods.



Follow us on social media!

- MyGNP
- GoodNeighborPharmacy
- MyGNP



KOVACS FREY PHARMACY

"Locally Owned, Locally Operated, Locally Loved"

2860 Artesia Boulevard
Redondo Beach, CA 90278

Phone: (310) 371-7541

Fax: (310) 542-1488

Mon-Fri: 9am-7pm • Sat: 10am-4pm • Sun: Closed

- Local Delivery
 - Diabetes Supplies
 - Wound Care
 - Most Major Insurance Accepted
- kovacsfrey.com

09051316



Prep Time	Cook Time	Total Time	Serves
15 minutes	15 minutes	20 to 35 minutes	2

September Recipe Chicken Chile Verde With Tomatillos and Cucumber Salad

Chile verde is a terrific comfort food but is usually reserved for special occasions because it's so elaborate and time-consuming to make. Here we cut the complexity — and long cooking time — by poaching and shredding chicken breasts, then stirring the meat into the simple yet flavorful sauce. Tangy tomatillos and mild green chiles provide the signature green color.

Ingredients

2 boneless, skin-on chicken breasts (about 6 ounces each)	¼ pound crushed tomatillos
1 organic yellow onion	2 ounces diced mild green chiles
1 ¼ teaspoon chili powder	1 organic cucumber
½ teaspoon coriander	1 organic lime
½ teaspoon cumin	4 or 5 sprigs organic fresh cilantro
½ teaspoon sweet paprika	3 tablespoons roasted pumpkin seeds
¼ teaspoon granulated garlic	Kosher salt and freshly ground black pepper
	Olive oil

Tools

Peeler (optional), fine-toothed grater, large bowl, medium sauce pot, large frying pan

Instructions

1. Cook the chicken

In a medium sauce pot, add the chicken and enough water to cover by 2 inches, making sure the breasts are separated, and bring to a boil. Cook over high heat until opaque and cooked through, 5 to 7 minutes. Using a slotted spoon or tongs, transfer the chicken to a plate to cool. Reserve 1 cup chicken cooking water for the chile verde. Remove the chicken skin and discard; then, using a fork, shred the chicken.

While the chicken cooks and cools, start the chile verde.

2. Prep the onion; cook the chile verde

Peel and coarsely chop enough onion to measure 1 cup.

In a large frying pan over medium-high heat, warm 2 to 3 teaspoons of oil until hot but not smoking. Add the onion, season with salt and pepper, and cook, stirring occasionally, until starting to soften, 2 to 3 minutes. Stir in the chili powder, coriander, cumin, sweet paprika and granulated garlic and cook until fragrant, about 1 minute. Add the tomatillos, green chiles and reserved chicken cooking water and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until thickened slightly, 3 to 4 minutes.

Add the shredded chicken and continue simmering until the mixture is the consistency of a thick stew, 2 to 4 minutes. Remove from the heat and season to taste with salt and pepper. While the chile verde cooks, prepare the cucumber salad.

3. Make the cucumber salad

Peel the cucumber, if desired, and trim the ends; cut the cucumber in half lengthwise. Cut the halves lengthwise into ½-inch-thick slices, then crosswise into enough ½-inch pieces to measure 3 cups.

Zest the lime and juice half, keeping the zest and juice separate; cut half into wedges for garnish.

Coarsely chop the cilantro; set aside half for garnish.

In a large bowl, toss together the cucumber, pumpkin seeds, lime zest, 1 tablespoon of lime juice, 1 to 2 tablespoons of oil and half the cilantro. Season to taste with salt and pepper.

4. Serve

Transfer the chicken chile verde to individual bowls. Garnish with as much cucumber salad as you like and the remaining cilantro. Serve the lime wedges and remaining salad on the side.



Enjoy healthy, easy recipes with organic produce and clean ingredients delivered to your door weekly. Get \$35 off your first Sun Basket delivery at bit.ly/gnpsunbasket.

Ask a Pharmacist What Can I Do to Protect Myself From the Flu?

The first thing you can do to protect yourself from the flu is get your yearly flu vaccination. You can also use good hygiene practices, such as washing your hands for 20 seconds and avoiding touching your eyes, nose or mouth. Another way to keep your immune system strong is by managing your stress, specifically by getting plenty of sleep and exercise. You should also eat a balanced diet and stay well hydrated. Additionally, you can increase your vitamin D intake. Vitamin D has been proven to show protection from the common cold and other viruses. A good multivitamin and other nutritional, such as echinacea and colostrum concentrate, have also shown value in virus prevention.



Russell J. Pelzel
Pharmacist
Pelzel's Hometown Pharmacy
Pilot Point, Texas

The views and opinions expressed above are those of the author and do not necessarily represent that 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 Jefferson Pharmacy PALMYRA, VIRGINIA



"Locally Loved means having our patients come into our store and express their appreciation to us — when, in turn, we appreciate them just as much!"

How many years has Jefferson Pharmacy been in business?

We have been in business since 2009.

What is your favorite part of owning an independent pharmacy?

By being business owners, we are better able to help our patients in the way that we feel is the best for them.

What role does your pharmacy play in your local community?

We are involved with a variety of programs and volunteer organizations, including the Fluvanna County Chamber of Commerce, Meals on Wheels, Habitat for Humanity, Volunteer Rescue Squad, Vessels of Mercy Ministries and Smoking Cessation programs, and we also precept pharmacy students from Virginia Commonwealth University School of Pharmacy.

What unique health needs do you have in your community?

We have a very diverse population of customers requiring services, including routine and travel immunizations, Durable Medical Equipment (DME) products, blood pressure and blood sugar screening, Medicare Part D consultations, cholesterol screening, pharmacogenetic testing, non-sterile compounding, and Medsync and Dispill packaging.

What does Locally Loved mean to you?

Locally Loved means having our patients come into our store and express their appreciation to us — when, in turn, we appreciate them just as much!