



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | AUGUST 2021

Answers to Four Common Immunization Questions

Fall is a common time for people to start thinking about vaccinations. Children attending school will need to be up to date on immunizations. And September and October are prime time for flu shots for anyone six months or older.

Before getting vaccinated, it is common to have questions — from wondering about possible side effects to wanting to know how different types of vaccines work. Below are answers to four common questions about immunizations.

What are the possible side effects of vaccinations?

The most common side effects from any vaccine are:

- Pain, swelling, or redness where the shot was given
- Fever
- Chills
- Fatigue
- Headache
- Muscle and joint aches
- Nausea

What is the difference between natural immunity to a disease and immunity from a vaccine?

When you get sick, your body mounts an immune response to help you fight off the bacteria or virus you're infected with. After you have fought off the illness, your body retains a memory of how to fight the germ if you're exposed again. This is known as natural immunity.

By contrast, immunity from a vaccine is the immunity you build when you receive a vaccination against a particular disease. One of the main benefits of vaccination is that you don't have to suffer through the actual disease to gain immunity.

What are the different types of vaccines, and how do they work?

Vaccines work by triggering your body to produce antibodies that will help you fight off specific diseases if you're exposed to them. There are different types of vaccines that work in different ways. These include:

Inactivated vaccines: These contain a killed version of the germ that causes the disease. Examples include influenza and polio.

Live-attenuated vaccines: These contain a weakened form of the germ and are safe for people who have a normally functioning immune system. Examples include chicken pox, MMR, and rotavirus.

Messenger RNA (mRNA) vaccines: These contain mRNA that triggers your cells to produce a protein found on the germ. This allows your body to produce antibodies against that protein without being exposed to the entire germ. The mRNA in the vaccine degrades quickly and does not remain in your body. The new Pfizer and Moderna COVID-19 vaccines are mRNA vaccines.

Viral vector vaccines: A viral vector vaccine uses a modified version of a different virus to deliver instructions to your cells to produce a portion of the virus that causes the disease. The new Johnson & Johnson COVID-19 vaccine is a viral vector vaccine. The DNA that codes for a protein on the SARS-CoV-2 is contained with the harmless viral vector that helps the DNA get into your cells.

Subunit, recombinant, polysaccharide, and conjugate vaccines: These contain a piece of the germ that causes the disease. Examples include Hib, HPV, whooping cough, and shingles.

What are the risks of not getting vaccinated?

The biggest risk of not getting vaccinated is that you'll get the disease that the vaccine would've prevented. This is especially problematic for diseases like COVID-19 that can cause serious illness, hospitalization, and even death — in addition to a longer-term syndrome known as long Covid.

The other significant risk of not getting vaccinated is that you will spread the disease to other people. This includes people who are especially vulnerable to serious complications from COVID-19, people with weakened immune systems (because their bodies may mount a less robust antibody response to the vaccine), and people who are unable to get vaccinated due to age or certain underlying medical conditions.

HEALTH & FITNESS

Quick Tips for Giving Your Child OTC Medications

Over-the-counter (OTC) medications are handy when your child is sick. But it's not uncommon to make mistakes with pediatric dosing. Follow these quick tips the next time you find yourself reaching for an OTC drug for your child.

Choose the right medication. When choosing an OTC medication, stick to one that targets your child's symptoms. Don't get medicine that treats symptoms your child doesn't have.

Know the active ingredients. The active ingredient is the drug component that is listed first on the medication labels. If your child takes more than one medication, make sure they don't have the same active ingredient. Combining the same active ingredient can lead to serious health consequences, according to the Food and Drug Administration.

Follow the dosing instructions. Dosing for children's OTC medicine can be based on a child's weight or age. Verify your child's weight to make sure you're giving the right dose. Before each use, always read and follow the label directions to make sure you are giving the right dose.

Use accurate dosing tools. For liquid medications, use the measuring cup or dropper provided. Never use kitchen spoons — they can give you too much or too little of a medication. If you don't understand the markings on a dosing device, ask your pharmacist.

Don't give adult medication to children without checking with their doctor. Some OTC medications can only be given to children age 12 and older. Talk to your doctor or pharmacist. They can help choose the right medicine. They can also check that the OTC medicine doesn't interfere with other medicine, supplements, or even food your child takes.



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AUGUST RECIPE

Triple Berry Breakfast Bread

Prep Time	Cook Time	Total Time	Serves
15 minutes	1 hour	1 hour, 15 minutes	8-10 slices

Much like banana bread, this berry quick bread is a great way to make use of ripe fruit before it goes bad. A bit of almond extract deepens the flavor, but not to worry if you don't have any in your pantry. You can omit it, or substitute vanilla extract, and still get a great-tasting loaf.

Ingredients

- 5 tablespoons butter, softened
- 2/3 cup sugar
- 1 egg
- 1/8 teaspoon almond extract or 1 teaspoon of vanilla extract (optional)
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 1 cup chopped fresh strawberries
- 1/2 cup halved fresh raspberries
- 1/2 cup fresh blueberries

Tools

- 9-inch loaf pan
- Non-stick cooking spray
- Cutting board
- Chef's knife
- 2 medium mixing bowls
- Electric mixer (hand or standing)
- Measuring cups and spoons
- Rubber spatula

Instructions

1. Heat the oven to 350 degrees. Coat a 9-inch loaf pan with non-stick cooking spray.
2. In a medium bowl, cream the sugar and softened butter with an electric mixer until light yellow and fluffy, starting on low speed and increasing to medium speed as the mixture comes together, about 3 minutes total. Add egg and almond or vanilla extract (if using), and mix on medium speed until thoroughly combined, about 10 seconds.
3. In another medium bowl, stir together the flour, baking powder, and salt.
4. Add half the flour mixture and half the milk to the butter mixture, and mix with a spatula to combine. Repeat with the remaining flour mixture and butter mixture, and mix with a spatula just until you have a very thick batter.
5. Add the berries, and fold them into the batter.
6. Pour the batter into the greased loaf pan and spread it evenly. Bake for 50 to 60 minutes, until the top is medium-brown and a knife inserted into the center of the loaf comes out clean.
7. Cool at least 40 minutes before removing the loaf from the pan and slicing it.

KIDS CAN!

- Measure ingredients
- Mix dough
- Grease loaf pan
- Pour batter into pan

ASK A PHARMACIST

Why is Adhering to the Children's Vaccine Schedule Important?

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Vaccinating children is one of the most effective ways to prevent dangerous diseases and illnesses. Vaccines protect children from 14 potentially serious diseases. It is important to follow the CDC's recommended dosing schedule in order to optimize the effectiveness of vaccines as your child's immune system develops.

While COVID-19 may have interrupted the recommended immunization schedule due to missed wellness visits, it is important to talk with your local pharmacist to form a plan on the best way to get back on track with any vaccines missed. Delaying vaccines can make children vulnerable to life-threatening illnesses, which could have serious, even deadly, complications. Do not wait until your child is exposed to a vaccine-preventable disease; be proactive, or it could be too late!

By vaccinating children, we not only protect the vaccinated child but also others who may be susceptible to illness due to low immune systems (patients undergoing chemotherapy treatments, for example) or babies too young for vaccines. For more information about vaccines and their importance, talk to your pharmacist, pediatrician, or primary care provider.

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LOCAL LOVE

Magnolia Pharmacy Magnolia, Texas

"We are a one-stop shop for health and wellness."

Steve Hoffart, Pharmacist and Owner



How many years has your pharmacy been in business?

We opened November 2002, and this November will mark 19 years.

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

The growth of social media has allowed our pharmacy to reach and interact with our patients on a more personal level. Across all platforms, we are able to inform, educate, and share our story with our community.

What is your favorite thing about being a pharmacist?

Being a pharmacist in my local community and sharing my knowledge to improve the lives of my patients is the best part about being a pharmacist.

What makes your pharmacy unique?

Patients come to our pharmacy for more than medications. By offering advice and education on hormones, lifestyle and diet, supplements and vitamins, and point of care testing, we are a one-stop shop for health and wellness.

What do you think your patients love most about your pharmacy?

Patients love how we develop a relationship with them and show we truly care throughout their pharmacy experience.

What are your favorite ways to get involved with your community?

Being involved and supporting projects in our local schools, youth sports, and church activities has been our favorite way to display our dedication to our community.

What excites you most about the future of independent pharmacy?

Today's patient is more informed and in control of their healthcare, and independent pharmacy is the best-positioned healthcare destination to listen and develop customized solutions for positive patient outcomes.

What does *Locally Loved* mean to you?

Locally Loved means being bonded to our patients and community and working together as a group to improve the health and well-being of everyone professionally, socially, and spiritually.