



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | AUGUST 2022

What You Need to Know About Travel Vaccines

If you're preparing to take a trip, make sure your to-do list includes being up to date on all routine vaccinations — and getting any other vaccines that are recommended for your destination. That's because other countries may have higher rates of certain diseases — including some infections no longer seen in the U.S. at all. And some countries may require proof that you've received certain vaccines.

It's important to budget enough time to get your vaccines. The Centers for Disease Control and Prevention (CDC) recommends starting your immunizations at least one month before travel. Most vaccines aren't fully effective for at least two weeks — and some may require more than one dose. Here is information on the most common vaccines travelers may need.

Common Travel Vaccines

The CDC's Traveler's Health Destinations page lists the recommended — and required — vaccines by country. Each country page has a link to "Vaccines and Medicines" to the right of the country map. Below are the most common vaccines recommended for international travel.

Hepatitis A

The hepatitis A vaccine is recommended for travel to nearly every country in the world. Hepatitis A is a common liver disease that you can get from drinking contaminated water, eating contaminated food, touching infected objects before touching your nose or mouth, or having sex with an infected person. Hepatitis A can make you sick for several weeks, though most people recover. The most serious complications are liver failure or death, but these are rare and mostly occur in people with existing liver problems.

Complete hepatitis A vaccination involves two shots. People should get the first dose at least two weeks before traveling. You'll need a second dose six to 12 months later, but the first dose offers sufficient protection until it's time for the second dose. Once you've had two doses, you have long-term protection against hepatitis A.

Typhoid

The typhoid vaccine protects against typhoid fever, a bacterial disease that's common in countries with poor sanitation, especially countries in Africa and the southern half of Asia. Most people get exposed to this bacteria by eating or drinking contaminated food or water.

Typhoid fever typically involves a high fever, stomach pain, headache, diarrhea, and sometimes a rash. It's possible but very rare to experience internal bleeding

or to die from typhoid fever. You can get an oral live typhoid vaccine or an inactivated ("dead") typhoid vaccine shot. Ask your doctor, pharmacist, or travel health clinician which is right for you.

With the inactivated typhoid vaccine, you need to get a shot at least two weeks before traveling, and it remains effective for two years. With the live oral vaccine, you take one pill every other day for a total of four pills. You need to take the last one at least one week before traveling, and the vaccine is good for five years.

Yellow Fever

Yellow fever is a disease carried by mosquitoes in multiple African and South American countries. If infected with yellow fever from a mosquito bite, you will likely experience fever, chills, headache, backache, and muscle aches. Yellow fever can be very serious. About one in seven people develops severe disease with bleeding, shock, organ failure, or death.

Even countries without circulating yellow fever may require proof of vaccination if you arrive from a country that has yellow fever.

One dose of the yellow fever vaccine provides protection for a lifetime. You need to get the vaccine at least 10 days before traveling.

COVID-19

COVID-19 remains high risk throughout the world, and many countries require proof of COVID-19 vaccination or recent infection to enter the country. The U.S. State Department lists the most current COVID-19-related entry and exit requirements for each country. U.S. citizens and permanent residents don't need to show proof of vaccination to return to the U.S.

The initial series of COVID-19 vaccines includes two doses of either an mRNA vaccine (Pfizer or Moderna) or one dose of the Johnson & Johnson vaccine. You're fully vaccinated two weeks after receiving your last dose.

Being fully up to date with COVID-19 vaccination means having received the initial series of doses plus any booster shots you're eligible for. Check with your doctor or pharmacist to see if you need a COVID-19 booster shot.

HEALTH & FITNESS

Does My Child Need an Antibiotic?

When your child has an infection, it's natural to wonder if they might need an antibiotic. But antibiotics only work for bacterial infections. If your child's infection is caused by a virus, antibiotics won't help — and they might do some harm. That's because antibiotics may have some side effects (like nausea, diarrhea, upset stomach, and vomiting) — and antibiotic overuse contributes to antibiotic resistance.

Here's the lowdown on which common childhood illnesses typically require an antibiotic — and which don't.

Illnesses that do require antibiotic treatment

These common childhood illnesses are caused by bacteria and typically require antibiotic treatment:

- Strep throat.
- Urinary tract infections.
- Whooping cough.

Illnesses that don't require antibiotic treatment

These common childhood illnesses are typically caused by viruses and should not be treated with antibiotics:

- Flu.
- Most sore throats. (The main exception is strep throat, which is caused by the *Streptococcus* bacteria.)
- Colds and runny noses. (This is true even if your child has thick, yellow, or green mucus.)
- Bronchitis (also known as a "chest cold").

Illnesses that may require an antibiotic

When it comes to ear infections and sinus infections, whether or not your child needs an antibiotic depends on a number of factors. That's because these infections are often — but not always — caused by viruses. Even if the infection is bacterial, it still might resolve quickly. That's why your pediatrician will examine your child and consider their symptoms and length of illness before deciding if an antibiotic is necessary.



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AUGUST RECIPE

Steak, Eggplant, and Zucchini Kebabs with Tzatziki

| Prep Time | Cook Time | Total Time | Serves |
|---------------------------------------------------|------------|-----------------------------------------------------|--------|
| 3 hours 30 minutes (including marinating time) | 30 minutes | 4 hours or overnight (including marinating time) | 8 |

Perfect for summer, these steak and vegetable kebabs cook quickly and are easy to customize. Be sure to soak the skewers for at least 3 hours before grilling. This prevents burning and allows you to use the hottest parts of the grill.

Ingredients

For the kebabs:

1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 cup soy sauce
Juice of 1 lemon
1 teaspoon garlic powder
1 1/2 pounds sirloin steak, cut in 2-inch pieces
1 medium eggplant, cut in 1-inch pieces
2 small zucchinis, cut in 1-inch pieces
Salt and pepper to taste

Tools

Measuring cups and spoons
Large airtight container with lid
10 wooden skewer sticks
Chef's knife
Cutting board
Large and small mixing bowls
Colander
Cheese grater
Stirring spoon

Instructions

1. Prepare the meat

In a large airtight container, mix together vinegar, olive oil, soy sauce, lemon juice, and garlic powder. Add steak cubes, stir, cover, and marinate at least 3 hours (or overnight). Soak wooden skewers in a large bowl or container of water for at least 3 hours.

2. Prep eggplant

Sprinkle eggplant cubes with salt in a colander. Let cubes sit for at least 30 minutes, then rinse and let dry for another 30 minutes in the colander. (This removes some of the bitterness.)

3. Make tzatziki

Halve cucumber lengthwise and remove the seeds with a spoon. Finely grate cucumber, then squeeze out as much moisture as possible. Transfer cucumber to a bowl and stir in all other tzatziki ingredients.

4. Make kebabs

Preheat grill to medium heat (about 425 degrees). Assemble kebabs, alternating 1 piece zucchini, 1 piece steak, 1 piece eggplant. Leave at least 2 inches on the bottom of each skewer for handling. Drizzle with olive oil and season with salt and pepper.

Brush grill grates lightly with oil. Place kebabs on the grill and cook about 4 minutes, until grill marks are obvious. Flip and cook 4 minutes more. Steak should be cooked to about 140 degrees on the inside.

5. Serve

Let kebabs sit for a few minutes, then serve with tzatziki.

For the tzatziki:

1/2 English cucumber
1 cup full-fat Greek yogurt
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic, grated
1/4 teaspoon salt
1 tablespoon chopped parsley (optional)
1 tablespoon chopped mint (optional)

KIDS CAN!

- Assemble kebabs (but watch out for sharp skewer ends!)
- Stir tzatziki

ASK A PHARMACIST

How Should I Stock My Medicine Cabinet to Prepare for Cold and Flu Season?

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This cold and flu season, everyone should be prepared with a few essentials. It's good to start with some immune boosters such as vitamin C and zinc and some natural supplements like echinacea and elderberry. If you do come down with a cold or flu, it's helpful to have antipyretics, or fever reducers, in your medicine cabinet, such as ibuprofen and acetaminophen. These medications are also pain relievers. For other symptoms like congestion, cough, or sore throat, pseudoephedrine, dextromethorphan, and guaifenesin can help combat symptoms.

For your convenience treating multiple symptoms, many products include a combination of these medications in liquid or pill form. It is important to check which active ingredients are in the combination medications so you know exactly how much of what you will be taking.

Diphenhydramine, or Benadryl, is also a great medication to have on hand. Not only is it used to treat allergic reactions, but it also alleviates cold symptoms such as a runny nose and helps you sleep. When purchasing combination medications, be sure to take note of daytime vs. nighttime since this is the difference between non-drowsy and drowsy medications.

A saline nasal spray may also come in handy for a stuffy nose. Another must for cold and flu season is having cough drops, a thermometer, hand sanitizer, disinfectant spray or wipes, and tissues on hand.

If you need any assistance determining which medications are best to treat your symptoms, your pharmacist is always available to help.

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LOCAL LOVE

Bushard's Pharmacy Laguna Beach, California



"My favorite thing about being a pharmacy owner is getting to help people. We see people at their best and at their very worst. I feel proud that they rely on us to take care of them."

Marisa Fader, Vice President and Owner

How many years has your pharmacy been in business?

We celebrated 75 years in 2021.

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?

We have had several big changes recently: We hired a new pharmacist in charge, migrated to a brand-new pharmacy system, and opened a COVID-19 vaccine clinic. I believe all of these things have helped us open up new doors for our patients' healthcare. We are more efficient while also providing more services for our patients that we weren't able to before.

What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacy owner is getting to help people. We see people at their best and at their very worst. I feel proud that they rely on us to take care of them.

What makes your pharmacy unique?

Our pharmacy is unique in that we carry things you would never expect to find in a pharmacy. You can get your makeup done or find a fine fragrance while you are waiting for your prescription to be filled. We pride ourselves on personalized, knowledgeable, efficient, and professional service for our customers.

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

I think our patients love the fact that we know their names when they walk in the door. For the most part, we will know their dog's names too! We see each customer as a person and not just a number. We develop relationships with our patients because they are important.

What does *Locally Loved* mean to you?

Locally Loved means that not only are we loved by our community, but we also love the community that supports us. We wouldn't still be here if we didn't have as much love and support from our loyal customers. We are so grateful that our community has supported us for so many years.