

## Thrifty White Co-op Pharmacy

Co-op Pharmacy has proudly served Hayward and the surrounding areas since 1994. Our highly-qualified pharmacists work hard to provide the most efficient care that our patients deserve. Whether you need Refill Synchronization or Dispill Packaging, Co-op is the pharmacy for you.

# January Newsletter



**THRIFTY® WHITE**  
**CO-OP PHARMACY**

## Healthy Tips of the Month

### Coping with Winter Allergies

#### What Are Winter Allergies?

Winter allergies are similar to any other allergies commonly seen throughout the year. What makes them different is the allergen that causes them. During the winter, you are likely spending more time indoors. This makes you likely to be exposed to many indoor allergens, such as dust mites, indoor mold and pet dander. With low air ventilation during this time of year, the effects of the allergens are more severe and likely to cause an allergic response.

Like most other allergic reactions, winter allergies develop from your immune system overreacting to allergens. Exposure to an allergen results in the immune system developing antibodies that attack these allergens in your body, resulting in various allergic symptoms, such as sneezing, itchy eyes and nose, runny or stuffy nose and postnasal drip.

You can fight winter allergies with these 10 steps read more at:  
<https://www.thriftywhitecoop.com/news>



### Four ways to stay healthy and avoid the flu this season

The flu can threaten us with a potentially dangerous but very avoidable virus. You can take steps to make this year flu-free.

- 1) **Get Your Flu Shot!** The first piece of flu-prevention advice any health care professional will give you is to get vaccinated.
- 2) **Practice Proper Hygiene.** Influenza is spread from person to person by germs that flow out when a sick person sneezes, coughs or talks. Flu germs can be transmitted from up to six feet away.
- 3) **Be Aware of Sickness.** You'll be trying to keep your distance from people who are sick, but also be aware of best health practices for those around you when you're the one who is sick.
- 4) **Seek Medical Attention When Necessary.** If you suspect you have the flu, see your doctor. Your health care provider can give you a diagnosis and may prescribe antiviral medications.

To read more: <https://www.thriftywhitecoop.com/news>

### It's not too late to get your Flu Shot if you haven't done so!

We have them in stock and ready to give!

Injection / Immunization services also available!

We can bill your insurance for these services.

In need of the Shingrix vaccine for Shingles prevention?

We can get you on the list to setup an appointment to receive it!

Thrifty White Co-op Pharmacy Monthly Coupon

## 10% OFF!

Now through January 31st get  
**10% OFF Discount on any  
Over-the-Counter purchase  
totaling \$10 or more!**

*Simply print off this page and  
bring it into the pharmacy!*

Expires: 01/31/2018

\*Limit one coupon per customer per visit

\*Discount does not apply to current sale or  
clearance items.

15870 W First Street, Hayward, WI 54843 • P: 715-634-8238 • Monday - Friday: 9a.m. - 6p.m. • Saturday: 9a.m. - 1p.m. • Sunday: Closed

To remove your name from our mailing list or if you have questions, please e-mail us at: [bradlylenderph@outlook.com](mailto:bradlylenderph@outlook.com)