



Doug Chadwick

## When to Keep Your Kids Home from School

Being a parent is a juggling act, but throw in a child being home sick from school and the delicate balance topples. Many parents ask: When is it important to keep my child home from school and when should I send them? Trying to determine whether to keep a child home from school due to illness can be difficult, but here is some advice on how to make that call.

There are times when it's best for the child and his or her classmates to just remain at home.

**RASHES:** A rash may be a sign of a viral illness or a reaction to a medication or chemical. If your child has an unusual rash or if the rash is associated with a fever, contact your physician. You need to keep your student at home until the physician has diagnosed the rash as one that is not contagious.

**PINKEYE/CONJUNCTIVITIS:** One common problem is pinkeye—conjunctivitis. Your child is contagious with bacterial or viral conjunctivitis until the redness and discharge are gone. If the cause is viral, eye drops won't help. The only cure is time. Keep your child home until the redness is gone.

**STOMACH ACHES/VOMITING/DIARRHEA:** The stomach flu can cause vomiting and diarrhea and is typically caused by a virus. Children should not go back to school until both the vomiting and diarrhea are gone for 24 hours and the child is able to keep down food and liquids.

**HEAD LICE:** A child who has had head lice shouldn't return to school until the child has had a lice treatment and there are no nits (lice eggs) on the scalp or in the hair. Nits can be removed with a very fine-toothed comb.

**COUGH:** Children should stay home if they have a steady cough, hacking cough, or coughing fits. A child can go to school with a minor cough, but the child should practice good coughing hygiene, such as coughing into a tissue or their elbow and washing hands frequently.

**FEVER:** Most schools forbid children from attending if they have a fever higher than 100 degrees Fahrenheit and require children to be fever-free for 24 hours before they return to school. This is a good policy. If a child has a fever, that means he or she needs rest. The fever itself is not contagious, but it causes the body to slow down to rest and recuperate.

**STREP THROAT:** Children should also be kept home if they have been diagnosed with strep throat until they've taken antibiotics for at least 24 hours.

I hope these guidelines will help you decide when to keep your child home from school. If you want to keep your child

healthy, be sure he or she is getting the right vitamins and minerals to support their immune system. Be sure to try our



best selling children's vitamin: **Children's Multi-Vitamins from Rx Vitamins.**

Children's Multi-Vitamins from Rx Vitamins provides a bounty of essential vitamins and minerals to meet the specific nutritional needs of children. Each delicious natural grape flavored chewable tablet supplies 12 vitamins and nine minerals along with extracts of nature's most healthful whole foods including spirulina, carrot, pineapple, garlic and broccoli. This vegetarian and hypo-allergenic formula is the perfect choice for parents who want superior nutrition for their children.

- Advanced Vitamin and Mineral Formula
- Recommended for children 4 years and older
- Natural Grape Flavor
- Vegetarian
- Hypoallergenic

Stop in today to pick up a bottle or to ask for more information. We are here to help you!

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# A Closer Look: Vaccinations

It's that time of year again, flu shot season! You can stop by the pharmacy anytime during regular business hours, without an appointment, to get your flu shot. For those of you wondering, we also have the Quadrivalent and High Dose flu shots available. Be sure to protect yourself and your loved ones!

While you may know that we offer flu shots at the pharmacy, you may not know that we offer many other vaccinations as well.

Vaccination	Recommended For	Prescription Needed	Cash Price
Trivalent Flu Vaccine	Everyone except people with severe life threatening allergies to the vaccine or its ingredients.	No	\$25
Quadrivalent Flu Vaccine		No	\$32
High Dose Flu Vaccine		No	\$65
Tdap (Adacel) - Tetanus, Diphtheria, & Pertussis	Everyone age 19-64, every ten years. Anyone 65 or older who is in contact with children or works in healthcare.	No	\$69.00
Hepatitis B (Engerix)	Sexually active adults, families considering adoption, travelers to countries with a high prevalence of the virus, patients with Type 1 and Type 2 diabetes.	No	\$95.00
Pneumovax 23 - Pneumonia	Anyone over 65, preferably at least a year after the Prevnar 13 vaccine.	No	\$105.00
Prevnar 13 - Pneumonia	Anyone over 65. Anyone who has had the Pneumovax 23 vaccine should have this vaccine at least a year later.	No	\$195.00
Hepatitis A (Havrix)	Homosexual males, intravenous drug users, patients with chronic liver diseases, anyone working with animals, and anyone traveling to countries with high rates of the virus.	No	\$103.00
Zostavax - Shingles	Anyone 60 or older.	No	\$225.00

Some insurances may cover all or part of vaccines or administration fees. Medicare A & B will cover Pneumonia and Flu. Medicare D (most) will cover a good share of Zostavax. Check with your insurance for coverage.

## Proverbs to Live By Avoid Quarreling

*Proverbs 17:14 – Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.*

*Proverbs 20:3 – It is to a man's honor to avoid strife, but every fool is quick to quarrel.*

When we quarrel with others it only causes more problems. It is like punching a hole in a dam. It shows that we are foolish instead of wise. Proverbs also gives us some good advice on how to avoid quarreling ... be gentle with your words.

*Proverbs 15:1 – A gentle answer turns away wrath, but a harsh word stirs up anger.*



## THE BEST MEDICINE

My Dad bought my Mom a piano for her birthday. A few weeks later, I asked how she was doing with it. He said he persuaded her to switch to a clarinet. I asked, "Why?"

"Well," he answered, "because with a clarinet, she can't sing."

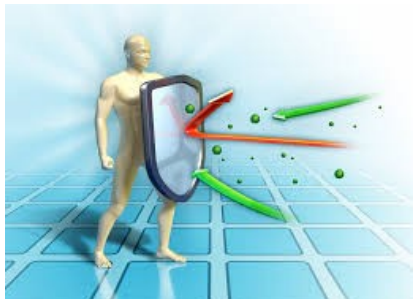
*"Not what we say about our blessings, but how we use them is the true measure of our Thanksgiving."*

**- W. T. Purkiser**

# Our Immune Protocol

Boost your immune system this winter with the immune protocol we believe in:

- **vitamin C**
- **zinc**
- **beta-carotene**
- **vitamin D**



Call or visit Sharon at the store for details and dosage information!

## ESSENTIAL OILS SPOTLIGHT

### SACRED FRANKINCENSE

Sacred Frankincense essential oil comes from the distillation of the resin of the *Boswellia sacra frankincense* tree. This oil is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level.

**How To Use:** Diffuse, directly inhale, or apply topically.



December 24: closed

December 25: closed

December 26: closed

December 31: closed

January 1: closed

January 2: closed

## FEATURED COMPOUND



### Magic Mouthwash for Ulcers

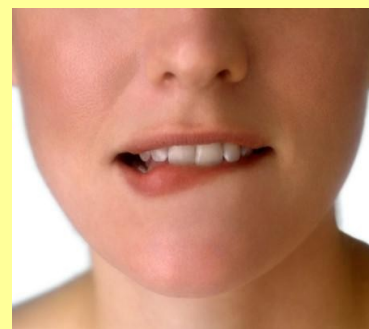
The technical term for mouth ulcers or sores is stomatitis—an inflammation of the mucous lining of any of the structures in the mouth, which may involve the cheeks, gums, tongue, lips, throat, and roof or floor of the mouth. This can be caused by chemotherapy, radiation, bone-marrow transplant, and other conditions such as oral infection, allergy, or AIDS. These sores can be disabling and may interfere with speaking and eating.

Mouthwashes can be compounded to help ease the pain associated with the ulcer and, in some cases, to help prevent or cure the problem. They usually contain three or more of these types of medications: antibiotics, antifungals, anesthetics, antihistamines, antacids, and coating agents.

There is no standard formula for Magic Mouthwash. It's like trying to find the best chili recipe—there are many. Magic Mouthwash requires a prescription from a physician. Your physician can assess your needs and choose the ingredients that would best help you (which is why we love compounding, it is never a one-size-fits-all solution).

You use approximately a tablespoonful of Magic Mouthwash at a time being sure to shake the container well before use. Keep it in your mouth and swish for at least one minute, then spit. It is recommended that you not eat 30 minutes prior to using or 30 minutes after use.

If you have any questions, or would like some common formulations to take to your physician, please stop in and see us.





Sharon Conley

# Bye-Bye Bellyache

Whether your child is crying over an upset stomach, or you just ate way too much at the family picnic, I have a great solution for you!

Digestive enzymes, such as those naturally found in papaya, papain, and protease are essential to the body's absorption of food nutrients. Country Life's Tropical Papaya chewable wafers are made from real papaya and can help that bellyache go away.

Simply chew about five wafers and feel better in no time! I have heard stories of moms who keep Tropical Papaya wafers in their purse and use them as treats for their kids in waiting rooms and long lines. I have heard of people using the wafers as a solution to hiccups. I have even heard from people who give them to their dogs.

This is a simple, tasty solution that everyone should have in the medicine cabinet. Get yours today!



# 20% OFF

## ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.  
Good through December 25, 2016.



# MERRY Christmas

**From Our Family to Yours**