



# Elmore Pharmacy

401 Walnut St.  
Red Bluff, CA 96080

Health News - November 2009

*"You're not just a customer, you're family!"*

We will be  
**CLOSED**  
Thursday  
November 26th



### Don't forget....

For every \$10.00 you spend on gift items, you will receive a \$1.00 gift coupon (ELMORE BUCKS)

Then, from November 27<sup>th</sup> through December 5<sup>th</sup> you can redeem those Elmore Bucks- definitely helping your Christmas budget.

We have some gorgeous Christmas ornaments and of course our great array of gift items, so come in and save this holiday season.

Make it easy on yourself....shop early, shop locally and have your gifts wrapped for free!!!



Need a secret shopper? Just give Molinda, Sheila, or Marilyn or Mary a call.

A great variation on a holiday classic.....

### Coconut Crumble Sweet Potatoes

2 eggs

3 cups cooked, mashed sweet potatoes or yams

(or use one 40 oz can canned yams, rinse, drain and mash them)

¼ cup sweetened condensed milk

½ cup melted butter

½ cup granulated sugar

1 tsp vanilla

Preheat oven to 375 degrees and grease a 9 inch baking dish.

Beat eggs in large bowl, add yams, sugar, condensed milk, ½ cup butter and vanilla. Mix well and spoon into baking dish.

Topping:

1/3 cup melted butter

½ cup brown sugar

1/3 cup flour

1 cup flaked coconut

Mix well and sprinkle over yams.

Bake uncovered 35-40 minutes until top is golden brown and knife inserted into center comes out clean.

Let stand 15 minutes before serving.

Serves 6 people.

Beanpod Candles-25% off -Fragrance of the Month-



**Hot Chocolate**

From the Centers for Disease Control and Prevention:

## 2009 H1N1 Flu (Swine Flu) and You

### **What are the signs and symptoms of swine flu?**

The symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

### **How severe is illness associated with 2009 H1N1 flu virus?**

Illness with this virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. Information analyzed by the CDC supports the conclusion that 2009 H1N1 flu has caused greater disease burden in people younger than 25 year of age than older people. At this time, there are relatively fewer cases and deaths reported in people 65 years and older, which is unusual when compared with seasonal flu. However, pregnancy and other high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this 2009 H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorder and pregnancy.

### **How long can an infected person spread this virus to others?**

People infected with the flu may be able to infect others from 1 day before getting sick to 5-7 days after. This can be longer in some people, especially children and people with weakened immune systems.

### **What can I do to protect myself from getting sick or spreading the virus?**

Wash your hands often. Use an alcohol-based hand rub if soap and water are unavailable.

Avoid touching your eyes, nose or mouth

Try to avoid close contact with sick people

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone (without the use of fever reducing medicine)

Be prepared in case you get sick and need to stay home for a week or so you can avoid the need to make trips out in public while you are sick and contagious

### **If I have a family member at home who is sick with the 2009 H1N1 flu, should I go to work?**

Employees who are well but who have an ill family member at home with 2009H1N1 flu can go to work as usual. These employees should monitor their health every day, and take precautions (noted above).

### **How long can influenza virus remain viable on objects (such as books and doorknobs)?**

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

### **What are "emergency warning signs" that should signal anyone to seek medical care urgently?**

#### **Children:**

- Bluish skin color

- Not drinking enough fluids

- Not waking up or not interacting

- Being so irritable that the child does not want to be held

- Flu-like symptoms improve but then return with fever and worse cough

- Fever with a rash

#### **Adults:**

- Difficulty breathing or shortness of breath

- Pain or pressure in the chest or abdomen

- Sudden dizziness

- Confusion

- Severe or persistent vomiting

