

Healthcare  
Clinic Hours

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Pharmacy  
Hours

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

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Fax: (334) 263-8660

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## All About the Flu and Prevention

October brings pumpkin spice and everything nice, but creeping around the corner is a very contagious respiratory illness called influenza, otherwise known as the flu.

Influenza is caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The flu is most common during the fall and winter months, peaking between December and February. The best way to prevent flu is by getting a flu shot each year.

## Flu Symptoms

Flu is different from a cold. Whereas cold symptoms often present gradually and are mild, flu symptoms come on suddenly and are severe. People who are sick with the flu often feel some or all of these symptoms:

- Fever (body temperature of 100.4°F or greater) or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue/tiredness
- Vomiting and diarrhea

## Period of Contagiousness

You may be able to spread the flu to someone else before you know you are sick, as well as while you are sick.

People with flu are most contagious in the first 3 to 4 days after their illness begins. Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.

## How Flu Spreads

Flu viruses spread via droplets made when people with flu cough, sneeze, or talk. These droplets land in the mouths or noses of people nearby. Less often, a person can get the flu by touching a surface that has flu virus on it and then touching their own mouth, eyes, or nose. From the time a person is exposed to the flu virus to when symptoms begin is about 1 to 4 days, with an average of 2 days.

## Complications

Complications from the flu include bacterial pneumonia, ear and sinus infections, dehydration, and worsening of chronic medical conditions, such as heart failure, asthma, or diabetes.

## Flu Prevention

The best way to prevent the flu is to **get vaccinated** every year!

- The CDC recommends a yearly flu shot as the first and the most important step in protecting against the flu. Flu vaccination can reduce illnesses, doctors' visits, and missed work and school, as well as flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu shot
- The CDC recommends getting vaccinated by the end of October.

Stop the spread of germs

- Avoid close contact with sick people
- While sick, limit contact with others to prevent infecting them
- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may be contaminated
- If you are sick, the CDC recommends staying home for at least 24 hours after your fever is gone. You should be fever-free for 24 hours without use of a fever-reducing medications.

# October is National Pharmacy Month

Did You Know Pharmacists Are Specialized Just Like Other Healthcare Providers?

- Primary Care
- Emergency Medicine
- Critical Care
- Psychiatry
- Oncology
- Cardiology
- Family Medicine
- Nuclear Medicine
- Long-Term Care
- Geriatrics
- Pediatrics
- Infectious Disease

And The List Goes On!



Know Your Pharmacist.  
Know Your Medicine.

National Pharmacy Month is a time to celebrate and show appreciation to pharmacists, pharmacy technicians, interns, and other pharmacy staff across the country. Pharmacists play a vital role as part of the healthcare team ensuring that all medications patients receive are appropriate, safe, and effective. Pharmacists are the most accessible healthcare providers and are always happy to offer a variety of services to help YOU live a happier and healthier life.

Whether you need a vaccination, have a question about your medication, need help to quit smoking, or simply want to have your blood pressure checked, reach out to your local pharmacist today!

## October 21, 2019 National Check Your Meds Day

Gather All Medications That You Take

Write Down Any Questions or Concerns You Have About Your Medications

Call Your Pharmacist To Set Up a Time To Check Your Meds!

# Why Care

Because 1 in 5 people will be affected by mental illness in their lifetime. Take the time to show you care about mental health.

## Mental Health Awareness Week Oct 6<sup>th</sup> to 12<sup>th</sup>

Millions of Americans each day are living with a mental health condition. In order to eliminate mental health stigma the 1<sup>st</sup> week of October is dedicated to mental health awareness nationwide.

### Why is this Important?

**One in five** Americans will have a mental health condition in their lifetime. This affects everything from their immediate family to their daily routine. It is important to understand what to recognize if someone in your life may be struggling with mental health.

### Signs of Mental Health Issues

- Feeling excessively sad or low
- Severe mood swings
- Fear or worries that impede daily routines
- Unusual fear
- Planning to harm yourself or others
- Serious changes in weight
- Changes in eating habits
- Reckless behavior that can harm yourself or others
- Drug abuse
- Severe changes in personality
- Changes in behavior
- Changes in sleep
- Trouble concentrating or keeping still

### What you can do

Contact a mental health provider if you notice these symptoms. If you see them in others, empathize with them and talk to them about getting help. It is important to keep in mind that it is ok if they say no at first. Be supportive of those with mental health conditions and recognize it does not define them.

### Treatment

Treatment is based on the individual. One sole treatment may not work for everyone with the same illness. Treatment may include behavioral therapy, medications or both. There are different types of therapy focusing on individualized targets such as incorporating changes to different ways of thinking, learning relaxation techniques or finding different coping skills. Going through treatment can be difficult and support from loved ones is important.

### Prevention

- Take care of yourself – Make sure to get proper sleep, eat healthy, and maintain a consistent physical activity routine. These lifestyle changes can help reduce stress. Keeping a consistent schedule can also help you stay on track. Remember to take breaks and do little things for yourself.
- Keep up with your health – Maintain medical appointments, such as routine check-ups and sessions with your mental health provider.
- Get help when needed – It is ok to get external help. If you see the warning signs or know your mental health condition is resurfacing, it is important to get help.



### Mental Health Services

**National Alliance on Mental Illness (NAMI) Hotline:**

1-800-950-NAMI (6264)

**Email:**

[info@NAMI.org](mailto:info@NAMI.org)





State Wellness Center  
 101 S. Union Street  
 Montgomery, AL 36104



**Don't wait to the last minute!**  
**Get your annual wellness screening at the State Wellness Center before the deadline on October 31<sup>st</sup>!**

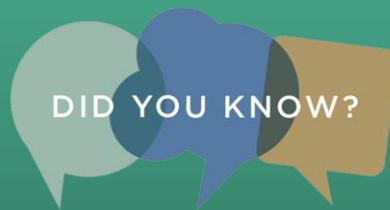
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

### State Wellness Center Services

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

**CALL FOR AN APPOINTMENT TODAY!**  
**(334) 263-8470**

State Wellness Center and Pharmacy Issue 10 October 2019



DID YOU KNOW?

**With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pickup at our pharmacy or have it scheduled to be delivered to your State Office in Montgomery. Whether you are just starting a specialty medication or are currently taking one, we can help you!**

**Contact a member of our pharmacy team at 334-263-8460.**

### References

1. Key Facts About Influenza (Flu). (2019, September). Retrieved September 24, 2019, from <https://www.cdc.gov/flu/keyfacts.htm>
2. National Alliance of Mental Illness NAMI. Know the warning signs. Retrieved from <https://www.nami.org/Learn-More/Know-the-Warning-Signs>
3. National Alliance of Mental Illness NAMI. Mental Health by the Numbers from <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>
4. Mayo Clinic staff. Prevention. Retrieved from <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/prevention/con-20033813>