

## 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.

Phone: (334) 263-8460

Fax: (334) 263-8660

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## Back to School with COVID-19

As August is usually a stressful time for parents getting their children back in the routine of going to school, this school year brings new challenges for parents during the COVID-19 pandemic. Although most children do not seem to be at a higher risk for COVID-19, it is important to keep your children healthy during this time.

### Watch for signs and symptoms of COVID-19 illness in your children

Overall, most people infected with COVID-19 have not gotten very sick; however, it can look different for every person. Most people will experience flu-like symptoms, such as fever, cough, shortness of breath, loss of taste/smell, sore throat, or diarrhea.

### Helping your child cope with stress

Things are going to be different for your child during this school year. In order to help them cope with this added stress, you should talk to them about changes they should expect for the upcoming school year. You should also allow them to ask questions. Another way to help is to keep their daily schedule as normal as possible and spending time with them.

### Keeping your children healthy

- Explain the importance of frequent hand washing to prevent getting and spreading the virus.
- Set a good example. Wash your hands in front of your child. Your influence on them is enormous.
- Avoid being around others who are sick (sneezing or coughing).
- Clean and disinfect surfaces that are highly touched in common areas within your home (tables, countertops, chairs, remotes, toilets, handles) on a daily basis.
- Practice social distancing. Keep at least 6 feet between your family and others when in public.
- Children **above the age of 2** should wear a cloth face covering over their nose and mouth when they are in public.
- Help your child remain as socially connected as possible to keep them happy and their immunity up.
- Keep them active by encouraging them to play outdoors and taking frequent breaks from indoor activities.

## Vaccine-preventable diseases that continue to circulate in the U.S.

- Whooping cough
- Chickenpox
- Haemophilis influenza type B (a cause of meningitis)
- Flu
- Measles



Learn more why it's important to vaccinate your kids on time.



[https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Fresources%2Fultimate-babyproofing-plan.html](https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Fresources%2Fultimate-babyproofing-plan.html)

# Childhood Immunizations Decline

During this pandemic, we have seen a significant drop in childhood vaccinations here in the United States. While it is important to follow the CDC recommendations regarding social distancing, it is still just as important to vaccinate your children on schedule in order to prevent diseases. This ensures that they keep their immunity to preventable diseases during and after this pandemic.

## Why it is important?

- The school year is approaching fast, and children will be in close quarters again
- It helps to protect children and others they encounter regularly through herd immunity
- This helps to keep preventable diseases suppressed from the general population



## What is Herd Immunity?

- When a large portion of the population is immune to a disease, it protects those individuals at high risk of contracting it
- Vaccines promote this widespread immunity, thus limiting the spread of a disease and protecting the community as a whole
- Depending on the contagiousness of a disease, herd immunity typically requires that 80 to 95% of the population to be vaccinated to work

## Do your part!

- Make sure your children are up-to-date on their scheduled vaccinations
- Do not delay or skip vaccinations that are recommended for your child
- Talk to your pediatrician or pharmacist about what vaccines your child is eligible for today



# Is Laughter Really the Best Medicine?

During these trying times, laughter seems about as far away as it can get. A growing number of studies are showing that “laughter is the best medicine” isn’t too far off from the truth. With stress mounting, relief from laughter is shown to have both short and long-term effects on your overall health.

Knock, Knock  
Whose there?  
Hatch.  
Hatch who?  
Want a tissue?



## Short-term benefits:

A good laugh not only improves your mental health, it also changes your body physically

- **Stimulate organs.** Laughter increases your intake of oxygen-rich air which stimulates your heart and lungs as well as increases feel-good chemicals in your brain.
- **Increasing then relieving your stress response.** This quick activation increases, then just as quickly decreases your heart rate and blood pressure. This results in the feeling of relaxation.
- **Soothe tension.** Laughter aids in muscle relaxation and circulation which can decrease the tightness stored in your shoulders and other areas due to stress.

## Long-term effects:

Although laughter is a good pick-me up, its effects can be long lasting.

- **Improve your immune system.** Positive thoughts increase chemical reactions in the brain which fight stress and defend your body against more serious illnesses.
- **Relieve Pain.** Laughter causes the body to release natural pain-killers
- **Increase self-satisfaction.** When faced with a difficult situation, laughter can not only help you cope, but it can also increase your connections with people resulting in a stronger support system.
- **Improve your mood.** Laughter can decrease symptoms of depression and anxiety. Overall, it makes people happier.



## Ways to Increase Laughter



Read comics in the Sunday paper



Have a game night with friends



Watch a funny TV show or movie



Take your friends to karaoke night



Stop taking life so seriously



Share some Knock Knock jokes



Don't forget to complete your  
Wellness Screening by the  
**October 31<sup>st</sup>** deadline!

Call the State Wellness Center  
at 334-263-8470 to schedule  
your wellness appointment  
today



### State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

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

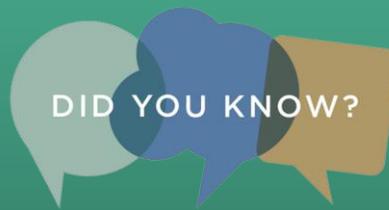
- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education 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 8

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Members of the the SEHIP can fill specialty drugs at the State Wellness Center Pharmacy in Montgomery. You can pickup or have it delivered to your State office in downtown 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.

#### Back to School with COVID-19

1. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>
3. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html>
4. [https://www.freepik.com/premium-vector/back-school-new-normal-lifestyle-concept-happy-group-kids-wearing-face-mask-social-distancing-protect-coronavirus-covid-19-children-friends-go-school-isolated\\_8689749.htm](https://www.freepik.com/premium-vector/back-school-new-normal-lifestyle-concept-happy-group-kids-wearing-face-mask-social-distancing-protect-coronavirus-covid-19-children-friends-go-school-isolated_8689749.htm)

#### Childhood Immunizations

1. <http://thedo.osteopathic.org/wp-content/uploads/2015/04/vaccines.png>
2. <https://www.cdc.gov/vaccines/parents/why-vaccinate/risks-delaying-vaccines.html>
3. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/herd-immunity-and-coronavirus/art-20486808>
4. <https://www.historyofvaccines.org/content/herd-immunity-0>

#### Laughter as Medicine

1. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>
2. <https://www.universitypoint.org/siouxcity/article.aspx?id=cd45dcb0-5604-4868-bc460bfff145072c&Laughter%20is%20No%20Joke!%20Discover%20The%20Health%20Benefits%20Associated%20with%20Laughter>
3. [https://www.pngitem.com/middle/TTJoTm\\_smiling-mouth-png-clipart-transparent-png/](https://www.pngitem.com/middle/TTJoTm_smiling-mouth-png-clipart-transparent-png/)
4. <https://www.kissclipart.com/newspaper-articles/icon-clipart-newspaper-clip-art-rmb6s4/>
5. [https://www.clipart\\_email/clipart/family-watching-tv-clipart-4733.html](https://www.clipart_email/clipart/family-watching-tv-clipart-4733.html)
6. <http://clipart-library.com>
7. <https://www.dreamstime.com/illustration/bubble-knock.html>