



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | NOVEMBER 2025

5 Tips to Protect Immune Health During Cold and Flu Season

No one likes to get stuck at home feeling sick and miserable during cold and flu season. A strong immune system can help you fight off germs and infections. Follow these top tips to keep your immune system healthy.

1. Get vaccinated. Vaccines help your immune system build antibodies to fight off respiratory viruses, lower your risk of serious complications, and stop the spread of these viruses.

The Centers for Disease Control and Prevention (CDC) recommends these vaccines for fall and winter:

- COVID-19 vaccine
- Flu vaccine
- RSV vaccine

For the best protection, get these vaccines in September or October. Adults 50+ may also consider a pneumonia vaccine.

2. Practice good sleep hygiene. Getting enough quality sleep regularly helps keep your immune system strong. When you don't get enough sleep, your body may struggle to fight off infections.

Adults need at least seven hours of quality sleep each night. According to Yale Medicine, people who often get less than this are three times more likely to get the common cold than people who get eight hours or more. People who don't get enough sleep also don't have as strong an immune system response to vaccines.

To get a better night's sleep, follow these quick tips:

- Stick to the same sleep/wake schedule, even on weekends.
- Limit caffeine four to six hours before bedtime.
- Avoid blue light and electronic devices at least two hours before bedtime.
- Skip the alcoholic nightcap and limit fluids before bed; both can wake you up in the middle of the night.

3. Eat a healthy diet. Think of eating the colors of the rainbow. This will help your body build a healthy

immune system. According to the Academy of Nutrition and Dietetics, these nutrients — and the foods you find them in — play an essential role in your immunity:

- Beta carotene. Broccoli, carrots, mango, tomatoes, spinach, and sweet potatoes.
- Vitamin C. Citrus fruits, berries, broccoli, melons, tomatoes, and bell peppers.
- Vitamin D. Mushrooms, eggs, fatty fish, milk, and 100% juices fortified with vitamin D.
- Probiotics. Yogurt, kefir, kimchi, kombucha, and other fermented foods.
- Protein. Milk, yogurt, cheese, eggs, beef, poultry, seafood, nuts, seeds, beans, and lentils.
- Zinc. Beef, seafood, wheat germ, beans, nuts, and tofu.

If you're worried you aren't getting the nutrients you need, ask your doctor about taking a multivitamin. They may also want to check you for nutrient deficiencies. According to the CDC, up to 10% of all adults are deficient in vitamins B6, D, and iron. Your pharmacist can help you choose a multivitamin or probiotic to fit your age and needs.

4. Quit smoking. You probably know smoking harms your health. Tobacco smoke contains substances that stop your immune system from fighting off infections, according to Henry Ford Health. Smokers are twice as likely as non-smokers to get colds. They're also more likely to get other respiratory illnesses, including flu and COVID-19.

Talk to your doctor or pharmacist about smoking cessation options, such as nicotine patches, gum, and lozenges.

5. Limit alcohol. According to the National Library of Medicine, heavy alcohol use damages your immune system and is linked to pneumonia. Even drinking too much at one time can suppress your immune system for up to 24 hours, according to the National Institute on Alcohol Abuse and Alcoholism.

HEALTH & FITNESS

How to Prevent and Treat Norovirus

Norovirus is a type of stomach flu caused by a highly contagious virus. It can cause intense vomiting, diarrhea, fever, and chills. Norovirus spreads through contact with contaminated surfaces or food. Unfortunately, it can survive on surfaces for up to two weeks. People who are sick, or who have recently been ill with norovirus, can spread it if they prepare your food.

Prevent

Wash your hands frequently. Always wash your hands after using the bathroom, when returning home, and before preparing food, eating, or drinking. Avoid eating food prepared by anyone who's sick.

Prepare

Stock up on essentials like over-the-counter (OTC) antidiarrheal medication, electrolyte sports drinks, and Pedialyte (if you have young children). Keep a stash of bland crackers, plus bleach or antibacterial wipes to disinfect surfaces and help prevent transmission.

Treat

If you develop symptoms, try to isolate yourself from family members to prevent spread and take an OTC anti-diarrheal medication as needed. Drink lots of clear, non-carbonated fluids (including sports drinks) to stay hydrated. Watch out for dehydration, such as thirst, dark urine, infrequent urination, headaches, dry or wrinkly skin, rapid breathing or heart rate, confusion, irritability, sunken eyes, and lightheadedness. Seek medical attention if necessary.



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NOVEMBER RECIPE

Sheet Pan Roasted Harvest Vegetables

Prep Time	Cook Time	Total Time	Serves
15 minutes	25 minutes	40 minutes	6-8

This vibrant roasted vegetable dish showcases the natural sweetness of fall produce, complemented by a maple cinnamon glaze and dried cranberries. Perfect for weeknight dinners or as a holiday side dish, it's easily adaptable with other varieties of winter squash.

Feel free to swap in delicata or other winter squash for the butternut squash or sweet potatoes.

Ingredients

3 cups cauliflower florets (from half a medium head of cauliflower)
1 pound Brussels sprouts
1 medium sweet potato
1/2 pound butternut squash (buy precut for easier prep)
2 medium carrots
2 medium parsnips
1 large apple
1 tablespoon olive oil or avocado oil
1/2 teaspoon salt
1/4 teaspoon ground pepper
2 teaspoons butter
1/4 cup maple syrup
1 tablespoon balsamic vinegar
1/4 cup dried cranberries

Tools

Chef's knife and cutting board
Vegetable peeler
Large mixing bowl
Measuring cups and spoons
Sheet pan
Small saucepan

Instructions

- Preheat the oven to 425°F and position the oven rack at the lowest level. Line a sheet pan with parchment paper for easy cleanup.
- Prepare the vegetables. Trim the tough bottoms from the Brussels sprouts and cut any large ones in half lengthwise. Peel the sweet potato, carrots, and parsnips. If using a whole butternut squash, peel it before cutting. Leave the peel on the apple. Cut the vegetables and the apple into similar-sized 1.5- to 2-inch cubes. Toss with oil, salt, and pepper in a large bowl.
- Spread the mixture on a sheet pan in a single layer. Roast for 12 minutes, then turn the vegetables so they brown evenly. Roast for an additional 15 minutes, or until tender and browned.
- While the vegetables roast, in a small saucepan, simmer butter, maple syrup, and balsamic vinegar over medium heat for 5 minutes, stirring frequently until slightly thickened. Remove the pan from the heat when the mixture starts to thicken.
- Remove vegetables from the oven, sprinkle with cranberries, and drizzle with the glaze. Add extra salt if needed. Serve immediately.



For more recipes, scan this QR code, or visit www.mygnp.com/recipes.

DIABETES

Tips for Dining Out With Diabetes



01

Check out the menu before you go.



02

Exercise portion control.



03

Avoid the extras.



04

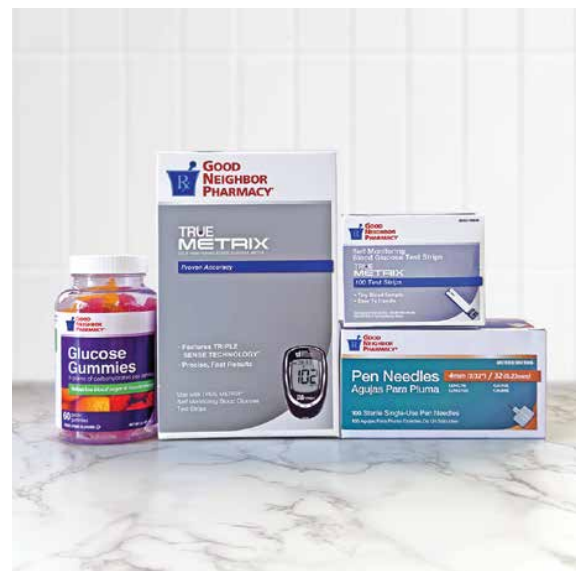
Substitute, substitute, substitute.



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Product Spotlight



Diabetes care is an everyday journey. During National Diabetes Month, count on Good Neighbor Pharmacy for the essentials that help you stay on track.



Good Neighbor Pharmacy has been named Retailer of the Year by Chain Drug Review!

As a proud member of the Good Neighbor Pharmacy network, we're honored to be part of a community of independent pharmacies that go above and beyond for their patients every day.

Thank you for trusting us with your care. We're grateful to serve this community as your neighborhood pharmacy.