



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | SEPTEMBER 2025

Your Back to School Medicine Cabinet Checklist

You may not think stocking up on medicine cabinet supplies is part of back-to-school shopping, but kids share more than summer stories — they share germs, too. That's why a well-stocked medicine cabinet is essential before school starts.

Medicine cabinet checklist

First, check what over-the-counter medicines you have at home and dispose of those that have expired: You can find the expiration date on the cap, label, or bottom.

Then, stock up on these essentials:

For fever reduction and pain relief:

- Acetaminophen for adults and children.
- NSAIDs, either ibuprofen or naproxen sodium for adults and children's ibuprofen.
- Thermometer and thermometer sleeves.

To keep fever or pain down, switch between acetaminophen and ibuprofen (or naproxen sodium for adults) every four to six hours, according to the Cleveland Clinic.

Read label directions for age-appropriate dosing, and don't exceed the maximum dose. Never give aspirin or any medicine containing aspirin to children or teenagers with a fever or any viral illness to avoid Reye's syndrome.

For cold, cough, and congestion:

- Saline nasal spray for adults and children. You can also use saline nose drops in infants.
- Decongestant tablets or liquid — for children (ages 12 and older) and adults.
- Topical vapor rub with camphor, menthol, or eucalyptus oils for children who are at least 2 years old, according to the American Academy of Pediatrics (AAP).
- Facial tissues.

The AAP recommends avoiding cough and cold medicine for children under age 6.

For upset stomach or viral digestive illnesses:

- Antacids for adults. Check with your child's doctor before giving them antacids for sour or upset stomachs.
- Anti-diarrhea medicine for adults. Avoid for kids under 2. Check with your doctor before giving older children these drugs.
- Electrolyte drinks for dehydration.
- Stool softener or laxatives (safe for kids, per the AAP).

Severe dehydration can lead to serious problems. If you have frequent, repeated vomiting, get medical help right away.

For dry skin, lips, and eyes from harsh winter weather:

- Moisturizing lip balm and/or medicated lip balm for cold sores.
- Anti-allergy and moisturizing eye drops — for dry or red eyes.
- Hand cream.

For minor cuts, scrapes, burns:

- Assorted-size bandages and bandage sheets for larger scrapes.
- Petroleum jelly — to soothe minor burns and cuts and keep them moist to aid in healing.
- Triple antibiotic ointment — for redness and pain from an active infection.

For allergies, rash, or a minor allergic reaction:

- Antihistamines. Your doctor or pharmacist can help you choose one that's best for you and your children.
- Calamine lotion (for poison ivy, rashes, or itchy skin).

Not sure exactly what to buy? Ask your pharmacist or doctor. They can provide recommendations tailored to your family's specific needs and health history. Always read the label to make sure an OTC medicine is appropriate for your child's age.

HEALTH & FITNESS

Common Signs of ADHD in Kids

If your kid is fidgety and struggles to focus, you may wonder if it's typical childhood behavior or a sign they have attention deficit hyperactivity disorder (ADHD). ADHD is a brain condition that can impact a child's ability to focus, remain seated, and follow instructions.

Kids with ADHD may face challenges both at school and at home. They may also find it more challenging to form and maintain friendships.

So, how can you tell if your child may have ADHD? Here are some common signs of ADHD outlined by Kids Health:

Inattentiveness: Kids with ADHD are less attentive and more distractible than their peers. They may struggle to follow directions and complete assignments. Basic tasks may take them longer to complete than their peers. They are more likely to forget details and lose things.

Hyperactivity: Most kids dislike sitting still, but kids with ADHD will struggle more with staying still when needed. They may appear restless or fidgety when not engaged in physical activity. They may be more likely than their peers to run, jump, climb, or engage in roughhousing when they shouldn't.

Impulsiveness: Kids with ADHD are more likely to act on impulse without thinking things through. They may interrupt, grab things from people's hands, or push other children. They may also do risky things without realizing the danger. (Think of that kid standing on top of the playground structure!) Some kids with ADHD may have emotional outbursts that seem far too intense, given their situation. If you suspect your child may have ADHD, talk with their pediatrician. They can do a behavioral assessment (typically with input from parents and teachers) to determine if your child has ADHD. With early diagnosis and the right support, your child can thrive, even with ADHD.



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SEPTEMBER RECIPE

Ham, Cheese, and Broccoli Stuffed Bread

Prep Time	Cook Time	Total Time	Makes
10 minutes	25-30 minutes	35-40 minutes	8 slices

Ham, cheese, and broccoli spiral stuffed bread is a quick and easy dinner or a great snack for game day. This stromboli lookalike uses whole wheat pizza dough for more fiber, lean honey ham for protein, and broccoli and caramelized onions.

Ingredients

- 2 teaspoons olive oil
- 1/2 medium onion, cut into thin slices
- 5 ounces broccoli florets, chopped into small pieces (about 2 cups)
- 1 pound prepared whole wheat pizza dough from the grocery store
- 8 ounces shredded Swiss or Gruyere cheese
- 1/4 pound honey ham
- 1 egg, beaten
- pinch of salt
- 1/2 teaspoon poppy seeds

Tools

- Cookie sheet
- Parchment paper or a silicone baking mat
- Chef's knife and cutting board
- Measuring cups and spoons
- Sauté pan
- Rolling pin or dowel (optional)

Instructions

- Preheat the oven to 400°F and set the rack to the middle position. Line a cookie sheet with parchment paper or a silicone baking mat.
- Heat olive oil in a sauté pan over medium heat and add the onions. Sauté them for about eight minutes or until they start to turn golden. Add the broccoli and cook for one more minute to soften.
- While the onions cook, place the dough on the lined cookie sheet and stretch or roll it into a rectangle about 15 inches by 10 inches.
- Spread the cooked onions and broccoli over the pizza dough, leaving a one-inch border. Sprinkle cheese on top, then add ham slices.
- Starting at the bottom of one of the wide edges, carefully roll the bread up, tucking the filling inside as you roll.
- Before you finish rolling, brush the top wide edge of the dough with some of the beaten egg to help the rolled bread stick together. Pinch if needed to secure.
- Turn the stuffed bread over so the sealed edge is underneath. This will prevent it from opening as it bakes.
- Brush the top and sides of the bread with some of the beaten egg for browning. Sprinkle with salt and poppy seeds. Cut four slits to allow steam to escape.
- Bake for 25-30 minutes or until it's golden brown. Let it cool for at least 15 minutes before slicing.

KIDS CAN!

- Roll the dough
- Layer the vegetables, cheese, and ham
- Brush the bread with egg wash
- Sprinkle the poppy seeds



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

Good Neighbor Day is celebrated nationally on September 28.

Here are some ways to get involved:



01 | In your neighborhood:

Volunteer to fix up your local park or plant a tree.



02 | On the road:

Slow down. Driving just 5 mph slower might save a life.



03 | Be a good neighbor:

Help a neighbor take out the trash and get to know them better.



04 | Volunteer:

Find time to spend at a local non-profit like a food bank or hospital.



05 | Shop local:

Support local businesses and get to know your neighbors.



06 | Connect:

Host a town block party with your neighbors.



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Product Spotlight



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