

WANNAMAHER DRUG

IN ACTION



Information about the FLU

Every winter, like clockwork, the flu returns. It infects millions—about 5 to 20 percent of the U.S. population alone, according to the Centers for Disease Control and Prevention (CDC). It leaves us sniffing, sneezing, coughing, achy, and generally feeling just plain miserable for anywhere from a few days to a few weeks.

Although most of us think of the flu as a mild annoyance that we have to deal with each winter, it can actually be a very dangerous disease. The CDC estimates that in the United States alone, more than 200,000 people are hospitalized with the flu or with flu-related complications each year.

What is the Flu?

The flu is a respiratory illness caused by the influenza virus. The flu is not the same as a cold, although they share many of the same symptoms. The cold is caused by a different virus, and it tends to have milder symptoms than the flu. Colds are less likely to cause serious complications.

When the influenza virus gets into the body, it moves into the **respiratory tract**. Once there, it binds to the surface of cells. The virus then opens and releases its genetic information (RNA) into the cell's nucleus. The nucleus is where the cell's genetic information (DNA and RNA) is stored. The virus replicates, or copies itself, and takes over the functions of the cell. The copies of the virus move to the cell membrane until

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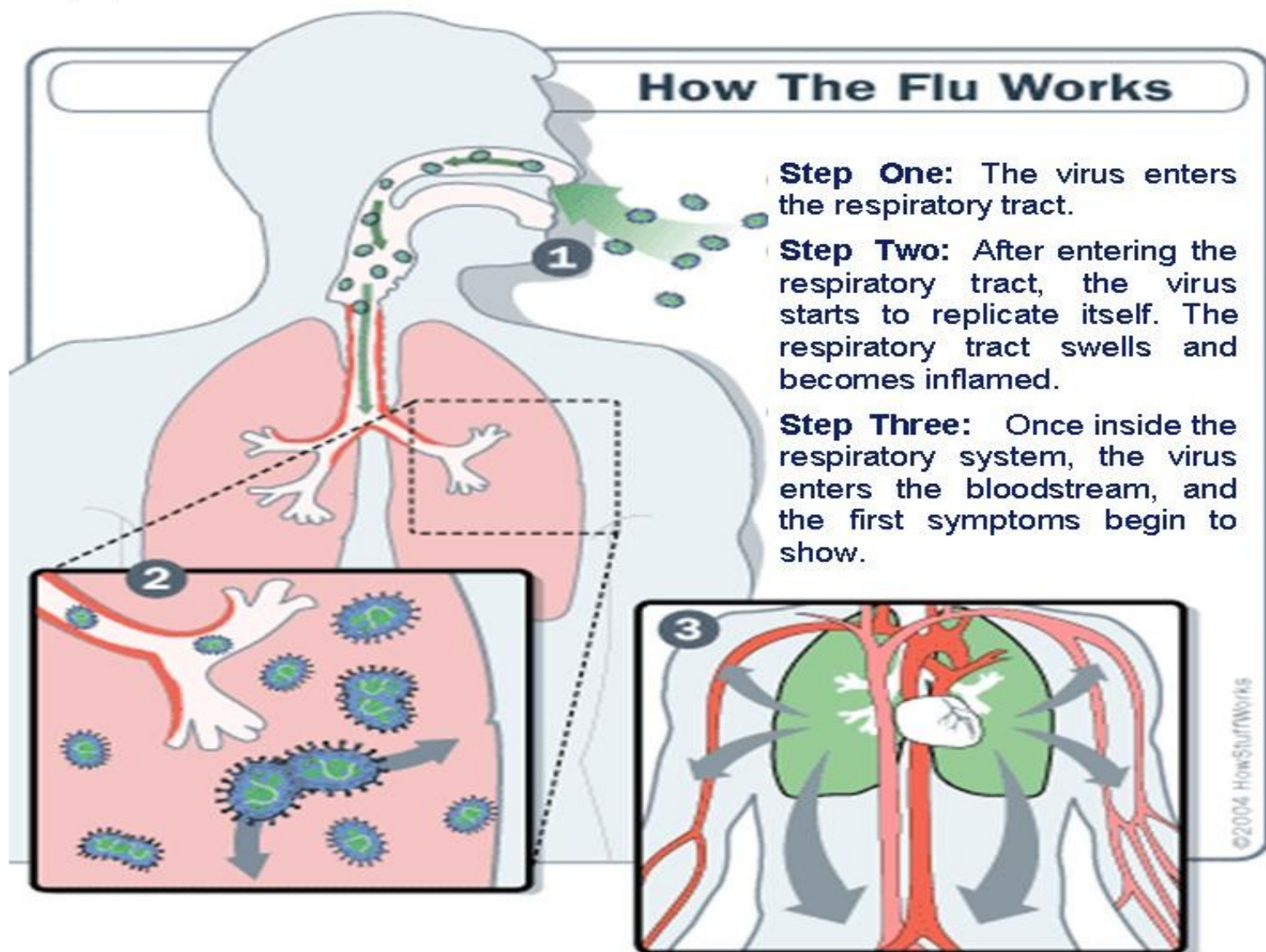
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it finally dies and releases them out into the body, where they go on to infect other cells. The respiratory tissues swell up and become **inflamed** (the inflammation usually heals within a few weeks). As the virus moves through the respiratory tract and into the **bloodstream**, the first symptoms begin to emerge. The replication process continues for up to several days, until the body's **immune system** begins to fight the virus off. (Please see the diagram below).

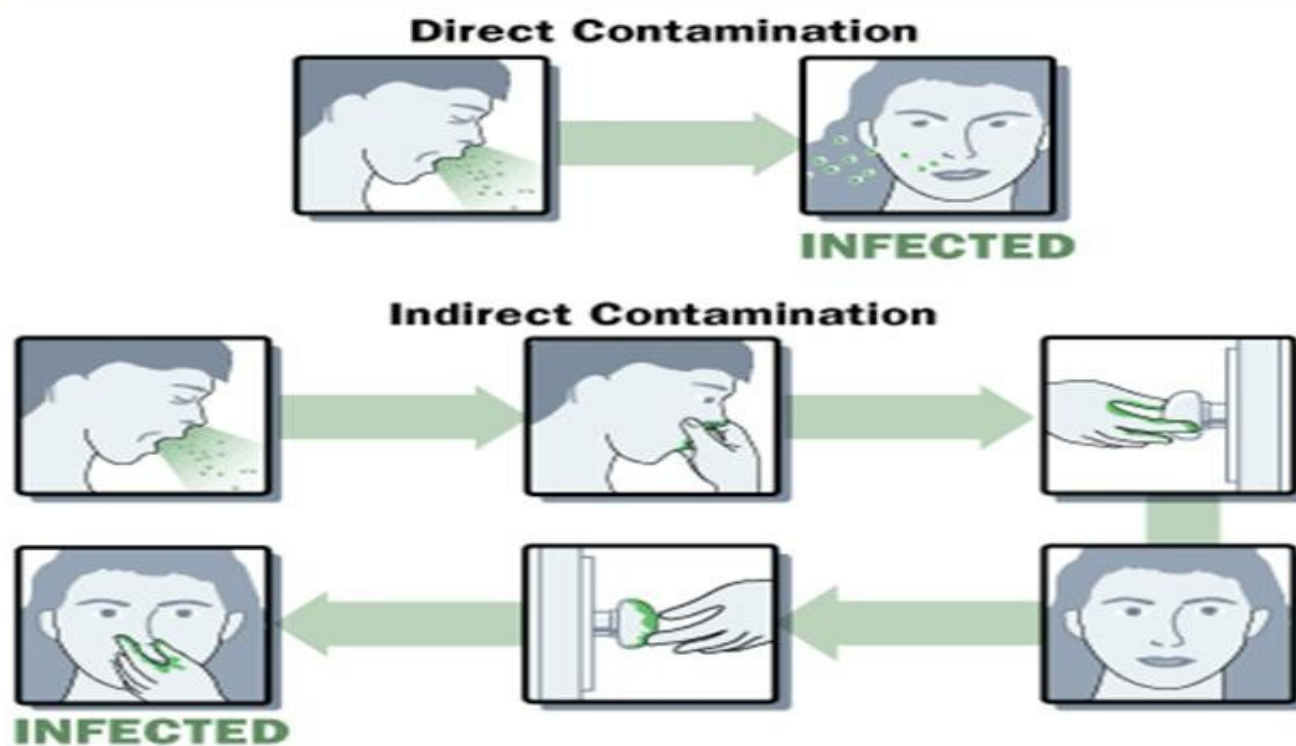
Flu symptoms can include one or

all of the following: **coughing, sneezing, fever, body aches, runny nose, congestion, and tiredness.**

These symptoms are generally not dangerous. But the flu also weakens the immune system, leaving it vulnerable to more serious infections. High risk individuals in particular are susceptible to more serious complications, such as **bacterial pneumonia, dehydration, sinus problems and ear infections, and worsening of pre-existing conditions such as asthma or diabetes.**



How The Flu Works: Contamination



How is the Flu spread?

The flu is **highly contagious**. It is spread primarily by coughing and sneezing (which people who have the flu tend to do a lot of). Let's say you have the flu virus. Every time you cough or sneeze, you release tiny droplets of fluid into the air. Those tiny droplets can fly pretty far—up to 3 feet (about 1 meter). If some of those droplets land on the nose or mouth of a person standing nearby, that person is likely to get as sick as you are, usually within **one to four days**. You can also spread the virus if you touch something (like a doorknob or table) after you've sneezed or coughed into your hand, and then other people come along and touch

the same doorknob or table and put their hand on their nose or mouth. (See the diagram above). If you have the flu, you're also contagious when you don't have symptoms. You can pass along the virus one day before you start sniffing and sneezing, and you can keep passing it along for 7 days after you start having any symptoms. Children can be contagious even beyond the 7 days.

How can you avoid getting the Flu?

- Wash your hands throughout the day with warm water and soap.
- Avoid anyone who is experiencing flu-like symptoms.

Tommy Goodwin and Zachery Michael to attend Africa Missions Trip

Our long time Delivery Man, Tommy Goodwin and Patient Care Coordinator, Zachery Michael, are scheduled to leave on a Missions Trip to Kenya, Africa on May 27th. Tommy's wife, Kelly, will also be traveling with her husband to Kenya.

The three are members of the *LifeWater Medical Ministries* group. Nearly 20 other members will be traveling with Tommy, Kelly, and Zach to spend 13 days in Kenya sharing the Gospel and providing essential medical care to the citizens of the area. "This will be my 10th Missions Trip to Africa", says Mr. Tommy. "I look forward to spreading God's word and helping the people in any way I can."

Zach tells us that he will be stationed in the wound care clinic and pharmacy during his trip. "The poverty is beyond belief," says Zach, "and many people are stricken with illnesses due to lack of medicines, poor hygiene, and money to pay for medical treatment."

Wannamaker Drug asks that you keep Tommy, Kelly, and Zach in your thoughts and prayers as they travel to and from Africa. We are very grateful for their kind efforts to help those so desperately in need.

Be on the look out for a follow up article in upcoming newsletters to hear more about their courageous trip to Africa.

Facts about Africa

**The poorest continent
in the world.**

**The 2nd largest continent
in the world.**

**Nearly 1,000 languages are
spoken in Africa.**

The biggest sufferer of HIV/AIDS



CONGRATULATIONS THERISA SHIELDS!



Therisa Shields won the "Wannamaker Love Tree" giveaway last month. She received a \$30.00 gift certificate to The Mayflower Restaurant. Wannamaker Drug would like to thank everyone who registered for the drawing. Congratulations, Therisa!



Register to Win

a \$100 JCP gift card



Weekly drawings held every Friday

March 7, 14, 21, and 28, 2008.

Stop by our JCPenney Catalog Service Center during the month of March and register to win a \$100 JCPenney Gift Card. For more information about this promotion, call our service desk at 843-537-4019. Don't miss out on this great opportunity to **WIN BIG!**

March's Employee of the Month
Otis Jordan



Wannamaker Drug is proud to name Otis Jordan as this month's Employee of the Month. Otis is from Cheraw, SC, and has been with our store for 8 months. Read on to find out more about our valued employee!



dedication. We sincerely appreciate everything he does!

Otis is our part-time DME Delivery Technician here at Wannamaker's. He delivers medical equipment to our patients, helps with our oxygen set ups, and delivers medicines to customers when needed.

We asked some of our other employees about their fellow co-worker and here's some of the comments we heard: "Mr. Otis is willing to do just about anything for us!" "He helps out whenever needed with a kind and positive attitude."

Wannamaker Drug would like to thank Otis for all his hard work and

Otis' favorite color is



BLUE

Otis' favorite food is



SALADS



March 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 ↓ JCPenney Drawing!	8 White Elephant Yard Sale! 8:30am @ Community Center
9 Roll Clocks forward 1 hour!	10	11	12	13	14 JCPenney Drawing!	15
16 PALM SUNDAY	17 Happy St. Patrick's Day!	18	19	20 Spring	21 GOOD FRIDAY	22
23 HAPPY EASTER	24	25	26	27	28 JCPenney Drawing!	29
30	31					