# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | AUGUST 2026

## College Health Checklist: What to Do Before You Move In

Starting college is exciting, but lifestyle changes, close living quarters, and academic pressure can affect your physical and mental health.

These tips can help you prepare before move-in day — and stay healthy throughout the semester.

**Schedule a physical**

The American Academy of Pediatrics (AAP) recommends young adults see their doctor for a comprehensive physical before they leave for college and have annual physicals while they're in college. Ask whether your doctor offers telehealth, so you can schedule a virtual visit when you're sick or need a prescription refill.

**Make sure your vaccinations are up to date**

Living and studying in close quarters means infectious diseases, like measles, can spread more quickly. College students also face a higher risk of meningococcal disease, a bacterial illness that can be fatal if it isn't caught and treated within a few hours, according to the Centers for Disease Control and Prevention (CDC). Even the flu, which typically lasts a few days to about two weeks, can turn serious.

The AAP recommends teens and young adults ask their doctor about vaccines for pertussis, HPV, meningococcal disease, and the flu. Even if you've had these before, you may need another dose.

**Review your health insurance**

Make sure you have health insurance and know how to use it. Many young adults can stay on their parents' plan until age 26. Ask your parents for your insurance card and leave a copy with them.

Not all plans cover you if you're out of state, so confirm where you can go to see a doctor.

**Get screened for sexually transmitted infections (STIs)**

Half of all new STIs each year occur in young people aged 15 to 24, according to the CDC. Left untreated, chlamydia, gonorrhea, and syphilis can damage male and female reproductive organs, and they don't always cause noticeable symptoms.

Screening helps catch STIs early, before they impact your fertility (your ability to have children). Antibiotics are often used to treat bacterial STIs. Anyone who is sexually active should also use condoms to prevent the spread of STIs.

**Set up mental health support early**

College can trigger or worsen mental health issues: 37% of college students reported moderate to severe depression, and 32% reported moderate to severe anxiety, according to the Healthy Minds Study (a survey of over 84,000 students from 135 colleges and universities).

Campus counseling services can help, but appointments may fill up fast. If you already have a therapist, ask whether they can provide visits online or by phone. If not, request a referral for a therapist near your school.

**Know where to get care near campus**

Before moving in, scout out the on-campus health center. Locate nearby, insurance-compatible urgent care and emergency rooms, plus a local pharmacy. Save addresses and phone numbers in your phone.

**Create a "stay-well, get-well" kit**

College students should have their own medicine cabinet. Consider stocking:

- Thermometer
- COVID/flu test kits
- Antacids (for upset stomach)
- Acetaminophen and ibuprofen (for fever and minor aches)
- Eye drops (for dry/red eyes)
- First-aid basics (bandages, antiseptic wipes)
- Any prescription medications you take regularly

Ask your doctor or pharmacist about adding a multivitamin, especially if your diet changes at school.

The APA's HealthyChildren.org has more health tips for college freshmen. A little planning now can help you stay healthy all semester.

HEALTH & FITNESS

## 4 Ways To Make Toothbrushing More Fun for Your Kid

Getting young children to brush their teeth can feel like a losing battle, but it's one worth fighting. Nearly one in four children aged two through five has cavities in their baby teeth.

Those cavities matter more than you realize. Decayed baby teeth may need to be removed before the adult teeth are ready to come in. This process can be painful, and the resulting gaps make it harder to eat and talk. These gaps also make it more likely that adult teeth will shift in ways that will require braces later on.

The good news? A few simple strategies can make toothbrushing easier and even fun.

**Play music**

Instead of watching the clock, try playing DJ while your child brushes — and let your child choose the tunes. Aim for at least 2 minutes of brushing.

**Offer rewards**

Create a point system through which your child can earn a point for brushing their teeth after breakfast and before bed. Kids can exchange points for a special, non-sweet treat, like a new book or toy, a special outing, or a favorite meal.

**Have your child choose their own toothbrush and toothpaste**

A fun toothbrush with their favorite toothpaste flavor will go a long way toward making toothbrushing enjoyable.

**Brush your teeth together**

Brushing together lets you model good habits and helps your child follow along.

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AUGUST RECIPE

# Yogurt-Marinated Grilled Chicken with Mediterranean Salsa

| Prep Time | Cook Time | Total Time | Serves |
|---|---|---|---|
| 15 minutes | 12 minutes | 27 minutes | 4 |

This Mediterranean-inspired grilled chicken is incredibly tender and juicy, thanks to a yogurt marinade. Lactic acid in yogurt tenderizes the chicken and adds moisture, while lemon and herbs add bright flavor throughout. Serve it with a tomato-and-cucumber "salsa-like" salad and toasted pita bread for a light summer dinner. For the most tender chicken, marinate for up to 24 hours in the refrigerator.

**Ingredients**

1/2 cup plain yogurt (Greek or regular; can be nonfat, low-fat, or whole)
1 teaspoon lemon zest (from one lemon)
2 tablespoons lemon juice (from one lemon)
1 tablespoon olive oil
1 teaspoon dried Italian herb seasoning
1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon salt plus a pinch to season the salad
1 1/2 pounds boneless, skinless chicken breast
High smoke point oil
1 pint of grape or cherry tomatoes
1 English cucumber, peeled or unpeeled
1/4 cup chopped red onion
1/4 cup fresh parsley, minced
1 tablespoon red wine vinegar
4 pieces of pita bread to serve

KIDS CAN!

- **Measure and stir the marinade ingredients**
- **Toss the salad**

**Tools**

Measuring cups and spoons
Cutting board and chef's knife
Microplane or cheese grater
A bowl with a lid to marinate and a mixing bowl for the salad
Grill

**Instructions**

1. Zest the lemon by rubbing the lemon skin over a microplane or the side of a fine-mesh cheese grater. Reposition the lemon frequently to ensure you remove only the zest, not the bitter white pith beneath the skin. Squeeze the lemon to juice it after zesting it.
2. Combine the yogurt, lemon zest and juice, olive oil, Italian herb seasoning, paprika, garlic powder, and 1/2 teaspoon of salt in a bowl that's large enough to hold the marinade and the chicken. Mix well to combine.
3. Add the chicken breasts to the marinade and turn them a few times to coat them thoroughly. Cover and refrigerate for at least one hour or up to 24 hours.
4. Before lighting the grill, brush or spray on cold grates with a high-heat oil (e.g., avocado oil). Then heat the grill to 400°F. Grill the chicken for 5 to 6 minutes per side or until a meat thermometer in the thickest part registers 165°F. Remove the chicken from the grill and let it rest for 5 to 10 minutes. Grill the pita bread for about 15 seconds per side to warm it.
5. While the chicken rests, make the tomato-and-cucumber salad. Cut the tomatoes in half or quarters if they are large. Cut the cucumber into one-inch bite-sized pieces. Place these in a large bowl and add the chopped onion, minced parsley, red wine vinegar, and a pinch of salt. Mix well.
6. Slice the chicken breasts into strips, and serve them with the salad and pita.

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

CHILDREN'S HEALTH

## 5 Ways to Keep Your Child Healthy When They Head Back to School

**| 01**

Stay up to date with vaccines.

**| 02**

Reinforce good sleep habits.

**| 03**

Get back to healthy eating.

**| 04**

Review the correct way to wash your hands.

**| 05**

Reduce stress.

**Looking for more inspiration for living well?**

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## Product Spotlight

**Help your family stay ready for school days, sick days, and everyday adventures with children's health essentials from *Good Neighbor Pharmacy*. Stop by today to stock up on trusted products for your little ones.**