Good Neighbor Script

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

How to Ease and Shorten Cold Symptoms

More than 200 viruses can cause the common cold, making these upper respiratory infections a normal part of life. Most adults average about three colds a year, according to the National Library of Medicine. Children get even more.

When you're sick, it may feel like it will never end. Fortunately, colds don't go on forever.

Here's how long you can expect the common cold to last, how to feel better, and what (if anything) you can do to get over it sooner.

How long do cold symptoms typically last?

Common cold symptoms include sneezing, a runny or stuffy nose, and a cough or sore throat due to postnasal drip. You may also get a headache, minor body aches, or a fever.

Cold symptoms usually last less than a week, according to the Centers for Disease Control and Prevention (CDC). Sometimes, cold symptoms can last longer, from 10 days to two weeks. Symptoms are often at their worst two to three days after you get infected.

Sometimes, colds can cause middle ear or sinus infections. They can also turn into more serious health issues, like pneumonia, especially in people with asthma, other breathing conditions, or weakened immune systems.

Cold symptom relief: What helps most

Most colds improve with time and go away on their own, but there are steps you can take to help you feel better. Follow this advice from the National Library of Medicine and the CDC.

- Drink enough water or other fluids to stay hydrated.
- Gargle with warm salt water to ease a sore throat.
- Use saline nose drops or spray to loosen mucus and help you breathe easier. For young children, use a nose bulb to suction out mucus.
- Get plenty of rest.
- Use a humidifier or cool-mist vaporizer while you sleep.

Antibiotics don't help because colds are caused by viruses, not bacteria.

Cough and cold medicines may help ease symptoms in adults. But the American Academy of Pediatrics warns against giving these to children under age four — and only under a doctor's supervision for children ages four to six.

Not sure which over-the-counter cold medications are right for you? Ask your local pharmacist for advice.

What may help shorten a cold?

According to the National Center for Complementary and Integrative Health (NCCIH), some supplements and products may help shorten the duration of colds.

- **Zinc:** If started within 24 hours of symptoms, zinc may shorten a cold by up to two days. Taking too much zinc (more than 40 mg per day) can lower your immunity to infections and reduce HDL cholesterol (the good kind). Zinc supplements can also prevent some antibiotics from working effectively. Opt for zinc lozenges, syrups, and supplements; zinc-based nasal sprays, gels, or swabs can cause loss of smell, sometimes permanently.
- **Honey:** May help ease nighttime coughing in older children. Never give honey to children under the age of one, due to the risk of botulism.
- **Vitamin C:** Taking it regularly doesn't prevent colds, but it may slightly shorten their duration. Taking vitamin C once cold symptoms begin doesn't reduce their duration or severity.

When to call a doctor

Contact your doctor if cold symptoms don't improve after 10 days, or sooner if you have signs of dehydration, trouble breathing, a fever lasting more than four days, worsening of a chronic condition, or symptoms that get better then return and worsen.

HEALTH & FITNESS

Is It Hair Loss or Hair Shedding

It's normal to shed hair every day: Most people lose about 50 to 100 strands daily. If you're noticing more than that, it's understandable to wonder why.

The American Academy of Dermatology Association identifies two main causes of this excess: hair shedding and hair loss.

Hair shedding

Losing in excess of 100 strands of hair daily is not uncommon in people who have experienced intense physical or emotional stress. This can happen, for example, if you've recently given birth, lost 20+ pounds, had a high fever, undergone surgery, or suffered from a serious illness. Shedding can also increase due to emotional stress, such as job loss, divorce, or caregiver stress.

Whatever the cause, excessive hair shedding usually stops within a few months after the stress ends. Then, within a half year or so, the hair returns to its usual thickness.

Hair loss

Hair loss is different — it occurs when a hair follicle stops producing new growth. Common causes include genetics, certain drugs and treatments (such as chemotherapy), an overactive immune system, compulsive hair pulling, and hairstyles that pull on the hair (such as very tight braids).

In these cases, hair loss won't stop unless the underlying problem is addressed. A dermatologist can help you determine why you're losing hair — and can recommend treatment (if one exists for your type of hair loss).

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OCTOBER RECIPE

Chocolate Walnut Pumpkin Bread

Prep Time	Cook Time	Total Time	Serves
15 minutes	50 minutes	65 minutes	12

Nothing says fall more than a fresh, warm loaf of pumpkin bread — and who can resist a slice (or two) when it's studded with dark chocolate chips? This easy pumpkin bread is made healthier with higher-fiber white whole wheat flour, heart-healthy olive oil and walnuts, and maple syrup as a natural sweetener.

Ingredients

Nonstick cooking spray
1/2 cup olive oil
1/2 cup maple syrup
2 large eggs
1 15-ounce can pumpkin puree
1 3/4 cups white whole wheat flour
1 tablespoon pumpkin pie spice mix
1 teaspoon baking soda
1/4 teaspoon salt
3/4 cup dark chocolate chips
1/2 cup chopped walnuts

KIDS CAN!

- **Measure the ingredients**
- **Stir the batter**
- **Add the chocolate chips and walnuts**

Tools

Measuring cups and spoons
Mixing bowls
Spatula
Whisk
9x5 loaf pan

Instructions

1. Preheat oven to 350°F with the rack in the middle position. Spray a 9" x 5" loaf pan with cooking spray.
2. In a bowl, mix olive oil, maple syrup, eggs, and pumpkin puree until smooth.
3. In a separate bowl, whisk flour, pumpkin pie spice mix, baking soda, and salt.
4. Add the dry ingredients to the wet ingredients, and stir until just combined. Do not overmix the batter, or it will be tough and rubbery.
5. Fold in chocolate chips and walnuts.
6. Pour batter into the loaf pan and bake for 45 to 55 minutes, or until a toothpick inserted into the middle comes out dry with a few crumbs.
7. Cool for 15 minutes before removing from the pan and slicing.

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

COLD AND FLU SEASON

3 Actions to Fight the Flu

| 01

Get yourself and your family vaccinated.

| 02

Take everyday preventive actions to help stop the spread of flu viruses.

| 03

Take antiviral drugs if your doctor prescribes them.

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Product Spotlight

Find trusted cold and flu relief from *Good Neighbor Pharmacy*. Stop by today for products that help ease cough, chest congestion, mucus, and other common symptoms.

We're proud to be your trusted neighbor.

Thank you for rating *Good Neighbor Pharmacy* #1 in Chain Drug Store Pharmacy Customer Satisfaction and Best in Level of Trust.

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