



The Mortar & Pestle

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Stafford Pharmacy and Home Healthcare



ALL ABOUT EBOLA

What is Ebola? We've been hearing about the Ebola outbreak in Africa for a couple of months now, but what exactly is it and how do we deal with it? Ebola Virus Disease (EVD) is a viral disease that is highly contagious and often fatal. If you have been exposed to Ebola but do not develop any symptoms of the disease, there is no risk of transmitting it to another person. If symptoms develop, they usually begin 2 to 21 days following exposure to the virus. Symptoms include:

- Fever of 38.6°C or higher
- Sore throat
- Headache
- Muscle pain
- Rash
- Nausea, vomiting, diarrhea
- Hemorrhage (internal bleeding) about 4-5 days after onset of other symptoms

You may notice that some of these symptoms are similar to those of influenza. You need not worry about having EVD unless you have travelled to Guinea, Sierra Leone, Liberia, Senegal, and Mali within the past three weeks, or have had close contact with someone who has been to one those areas. **To date, there have been no cases of Ebola in Canada and the risk remains very low.**

How is Ebola spread?

EVD is spread through bodily fluids of infected people who have developed symptoms. These fluids include blood, saliva, vomit, urine, and others. Ebola virus can also be contracted from infected animals. If you are travelling to any of the above countries or other EVD-affected areas, avoid handling wild meat and contact with wild animals such as: monkeys and other primates, forest antelope, pigs, porcupines and fruit bats.

How is Ebola managed?

No antiviral treatment exists for Ebola virus, nor is there yet a vaccine. Medical care is aimed at controlling symptoms. Isolation of infected individuals is of prime importance to contain the disease. Treatment includes maintenance of hydration and electrolytes, oxygen and blood pressure and blood volume and clotting factors

Early care dramatically increases the chance of survival. This means all people and/or close contacts who are travelling or have travelled to an area affected by EVD should know the symptoms of the disease. Immediate medical attention should be sought if any of the symptoms described above are present **and** you or your close contacts have travelled to one of the aforementioned areas within the last 21 days.

If you require emergency treatment, call 911 and inform the dispatcher of your recent travel. If symptoms are just beginning and you have travelled, call a healthcare provider (either your doctor, or a pharmacist at Stafford Pharmacy) and he/she will notify the proper health authorities who are equipped to handle Ebola cases. You should not go to the emergency room. This will reduce the possibility of transmitting the virus to other people.

BE PREPARED FOR THE HOLIDAYS

It's that time of the year again! With all of the hustle and bustle of Christmas planning we tend to start thinking about others and forget about ourselves. As we prepare for the holidays we start working on our lists with baking and holiday shopping its easy to get swept away!

Be prepared! Refill your medications a little bit early using one of the following THREE methods!!

- 1) **Online** - Use our online refill system to request your refills here:
<https://www.staffordpharmacy.com/request-a-refill/>
- 2) **Telephone** – Phone 403-320-6500 Ext 1 and speak with a member of your pharmacy team to request your refills today!
- 3) **In Store** – Simply come into the store, request your refills and browse for holiday gift ideas and stocking stuffers while you wait!



SHOP OUR HOLIDAY SALES!



Sale! Sale! Sale! Come on in and check out our 25 days of Christmas sales! Each day leading up to Christmas we will be offering a new deal!

Here are some examples of the amazing deals you won't want to miss!

December 9th (Day 12) **Elf Cosmetics 25% OFF**

December 11th (Day 14) – **Poo Pourri Toilet Spray 25-30% OFF**

****This is our all time favourite stocking stuffer!**

Check out the details at <http://www.poopourri.com/>

December 16th (Day 18) – **Muscle Mist 250mls \$19.99 (Reg \$32.95) and 500mls \$39.99 (Reg \$59.95)**

STAFFORD PHARMACY HOLIDAY HOURS

Monday, December 22nd – 9:00am-6:00pm

Tuesday, December 23rd – 9:00am-6:00pm

Wednesday, December 24th – **9:00am-4:00pm**

Thursday, December 25th – **CLOSED**

Friday, December 26th – **CLOSED**

Saturday, December 27th – 10:00am-6:00pm

Monday, December 29th - 9:00am-6:00pm

Tuesday, December 30th – 9:00am-6:00pm

Wednesday, December 31st – **9:00am-4:00pm**

Thursday, January 1st – **CLOSED**

Friday, January 2nd – 9:00 am-6:00pm

Saturday, January 3rd – 10:00am-6:00pm

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Content/Writer: Jaelyn Katelnikoff, Clinical Pharmacist; Pete Christensen, Clinical Pharmacist

Editors: Igor Shaskin, Clinical Pharmacist

Reviewer: Pete Christensen, Clinical Pharmacist