

DECEMBER

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Good Health is Just Around the Corner

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Mon–Fri: 8:00 AM – 7:00 PM  
Saturday: 8:00 AM – 4:00 PM

**December 1<sup>st</sup> is World AIDS Day – [www.aids.gov](http://www.aids.gov)**

This year the theme is Focus, Partner, Achieve: An AIDS-Free Generation. December 1<sup>st</sup> is World AIDS Day. There are over 1.1 million people in the United States living with HIV and 1 in 6 are unaware of their infection.

Symptoms at onset of HIV can include:

- Fever (this is the most common symptom)
- Swollen glands
- Sore throat
- Rash
- Fatigue
- Muscle and joint aches and pains
- Headache

If you suspect you have been exposed to HIV, the only way to know if you are infected is to get tested. Locally, testing is available through the Boone County Health Department and RAIN-Central Missouri. For more information about World AIDS Day, HIV and AIDS Prevention, Diagnoses and Staying Healthy, visit: <http://www.aids.gov/hiv-aids-basics/>

**Golden Technologies  
Lift Chairs**

**Up to 27% off MSRP in December  
\*see store for details**



**December is National Impaired Driving Prevention Month!  
5 Tips To Save Lives**

Impaired driving goes beyond drunk driving (DUI), it's an umbrella that also covers people who are driving drugged. Impaired driving is a problem that is on the rise. According to [www.StopDruggedDriving.org](http://www.StopDruggedDriving.org), "A new report from the Governors Highway Safety Association (GHSA) shows that nationally drugged driving is increasing at a time when drunk driving is decreasing. Drugged driving now rivals drunk driving with roughly 40 percent of fatally injured drivers testing positive for drugs." December is a great month to raise awareness for impaired driving because of all the parties and road trips. It's the perfect time to remind everyone you love to be on the lookout for impaired drivers and ensure they don't ever get behind the wheel impaired.

**Here's how you can support National Impaired Driving Prevention month...**

**#1. Designated Driver** – This is something we have heard many times. But the reason we hear it again and again is, it works. Always designate a driver who will stay sober and drug free.

**#2. Support Safe Driving** – Support your loved ones by letting them know they have access to a safe ride when they need it. Drunk, drugged, or both, people need to know they can get a ride and not have to drive.

**#3. Report unsafe drivers** – If you see an erratic driver or suspect an impaired driver, call 911 immediately. Your call could save lives.

**#4. Spread the word** – Share your support of National Impaired Driving month through social media. The more people who you reach, the more people who have the subject at the top of their awareness and the better chances of minimizing the 100% preventable tragedies that impaired driving brings.

**#5. Reach out to a victim or a victim's family.** Find a local family who are victims of an impaired driver and see if they need a meal or just send them an encouraging message. You can usually find victims to help and support on [www.GoFundMe.com](http://www.GoFundMe.com).

Have a safe and fun holiday season! For more information and ways to support awareness about impaired driving check out [www.MADD.org](http://www.MADD.org).

**December is Safe Toys and Celebrations Month**  
[www.geteyesmart.org/eyesmart/eye-health-news/buying-safe-toys.cfm](http://www.geteyesmart.org/eyesmart/eye-health-news/buying-safe-toys.cfm)

When choosing gifts this holiday season, consider what is age appropriate and safe. The U.S. Consumer Product Safety Commission reports that nearly 257,000 toy-related injuries were treated in emergency rooms in 2013. Half of these injuries affect the head or face. 1 in 10 children's eye injuries treated in the ER are related to toys and the patient is under the age of 15.

GetEyeSmart.org is a web site that include eye information from the American Academy of Ophthalmology and includes a list of safety tips when picking out toys.

**Top Toy Safety Tips:**

- Avoid purchasing toys with sharp, protruding or projectile parts.
- Make sure children have appropriate supervision when playing with potentially hazardous toys or games that could cause an eye injury.

- Ensure that laser product labels include a statement that the device complies with 21 CFR (the Code of Federal Regulations) Subchapter J.
- Along with sports equipment, give children the appropriate protective eyewear with polycarbonate lenses. Check with your Eye M.D. to learn about protective gear recommended for your child's sport.
- Check labels for age recommendations and be sure to select gifts that are appropriate for a child's age and maturity.
- Keep toys that are made for older children away from younger children.

Seek immediate medical attention from an ophthalmologist – an eye medical doctor if a child's eye is injured by a toy.

#### December Holidays and Special Days

December 1-World AIDS Day	December 3-Advent Begins
December 7-Pearl Harbor Day	December 12-Poinsettia Day
December 21-Winter Solstice	December 24-Hannukah Begins
December 26-Kwanzaa Begins	December 25-Christmas
December 31-New Year's Eve	

## Boxed Cards 20% off



#### Vaccination Services at D&H

- Influenza
- Td/Tdap
- Shingles
- Pneumococcal

Stop in or call and ask for details. No appointment necessary for flu shots. **573-777-7333 –Broadway or 573-777-7373-Paris Road**

#### Featured Missouri Companies – Cards and Gifts

- **Farm Fresh Cards**–Kim Carr –New Florence, MO –Photo cards for every occasion
- **Niobrara Farms**-Columbia, MO – Sugar Scrub or Natural Deodorant
- **IB Nuts and then some** – Columbia, MO – Chocolates, candies and snack mixes. Great for stockings!
- **Norma Crow cards**– Columbia, MO - Note cards printed from original artwork and embellished



#### December Recipe - No Bake Cookies

A fun and easy cookie for holiday gifting or snacking!  
<http://www.food.com/recipeprint.do?rid=90841>

#### INGREDIENTS

- o 2 cups sugar
- o 1/2 cup milk
- o 1/4 cup cocoa
- o 2 tablespoons butter
- o 1/2 cup crunchy peanut butter or 1/2 cup smooth peanut butter
- o 1 teaspoon vanilla
- o 3 cups quick-cooking oats



#### DIRECTIONS

1. Mix sugar, milk and cocoa, together, on medium heat.
2. Stir often
3. Once the mixture starts boiling keep stirring and let boil for 2 to 3 min.
4. Then remove from heat add butter, and peanut butter, mix well add vanilla and oats stir and drop by spoonfulls on waxed paper.

## Christmas Themed Gifts 20% off (Candy Excluded)



#### Gift Items at D&H

#### Suns Out Jigsaw Puzzles – Made in the U.S.A.

- *Hometown Holiday, Mailbox Treasures*
- *Barrell of Fun, Christmas Selfie*
- *Fireplace Santa, Tree Farm, Christmas Express*
- *Sharing the Season, Season of Miracles,*
- *Green Light, Hometown Holiday, and More*



#### Folkmanis Puppets (4 new animals)

- *Nautilus*
- *Corgi*
- *Blue Heron*
- *Yellow Beaked Crow*



## Buy 4, Get 1 Free Mama Jane's Creations Flavor Mixes for Dips, Desserts and More



#### December Specials

		Reg. Price	Sale Price
	Nite-Time Severe Cold & Flu Liquid (8 oz.)	\$6.49	\$5.99
	Day-Time Severe Cold & Flu Liquid (8 oz.)	\$6.29	\$5.99
	Maximum Strength Flu Tablets (20 count)	\$6.83	\$5.59
	Pain Reliever 220 mg Caplets (50 count)	\$8.89	\$6.19
	Honey Lemon Lozenges (30 count)	\$1.89	\$1.49
	Honey Licorice Lozenges (30 count)	\$1.89	\$1.49

**We have a GREAT selection of 2017 calendars in stock!**

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Thank you for making us your hometown pharmacy!**