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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

October 2026

Stay Healthy This Fall: Flu Vaccines, Allergies & Cold Season Care

As temperatures drop and days grow shorter, October brings a new set of health priorities. Respiratory viruses begin circulating more widely, Fall allergies can linger and flu season gains momentum. Your pharmacy is here to help you stay ahead of these seasonal challenges.

Flu Vaccines: Still Time to Protect Yourself

October remains an excellent month to get your flu shot. Vaccination is the most effective way to reduce the risk of serious illness, hospitalization and complications. Pharmacies offer convenient options for flu vaccines and can advise on other recommended immunizations. Getting vaccinated now helps build protection before flu activity typically peaks later in the season.

Fall Allergies May Still Be Active

Ragweed pollen and outdoor mold can continue to trigger symptoms well into the Fall. Sneezing, itchy eyes, congestion and fatigue are common complaints. Over-the-counter antihistamines, nasal corticosteroid sprays and saline rinses often provide solid relief. Your pharmacist can help you select non-drowsy options, review proper use, and suggest strategies to limit exposure on high-pollen or high-mold days.

Cold & Respiratory Care Essentials

Colds and other respiratory viruses become more common as people spend more time indoors. Prevention starts with frequent handwashing, covering coughs and sneezes and staying home when sick. For symptom relief, pharmacies stock a range of options including pain and fever reducers, decongestants, cough suppressants, and throat lozenges. A well-stocked home kit with tissues, a thermometer, saline spray, and hydration aids can make recovery easier. Contact your pharmacist or healthcare provider if symptoms worsen, last longer than expected, or include high fever, difficulty breathing or chest pain.

Stop by your pharmacy for vaccine guidance, allergy recommendations, and personalized advice on managing cold and respiratory symptoms. Stay protected and feel your best throughout the season.

At Pequot Health Care, we are dedicated to maintaining your good health!

PEQUOT PRxN PHARMACEUTICAL NETWORK

PEQUOT PLUS HEALTH BENEFIT SERVICES

PRxN® Customer Service
800-342-5779

PRxN® PBM Customer Service
888-779-6638

Website
www.prxn.com

E-Mail
pharmacy@mptn.org

PEQUOT HEALTH CARE
1 Annie George Drive
Mashantucket,
CT 06338

Mashantucket Pequot Tribal Nation