

# LifeStyle!



A family-run pharmacy at  
**FourFortyFour South Flower**  
Suite 100 • 213-612-4300

**Have questions about your health?**  
Ask the friendly pharmacist

**Flu Shots Available**  
No appointment needed

**Prescriptions**  
Call or stop in to fill or transfer  
your prescriptions

**Sundry items, balloons, gift cards  
and more!**

[www.uptowndrugs.com](http://www.uptowndrugs.com)

Protect yourself and others from getting sick

### Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Be **SMART** & inform yourself about #coronavirus



Follow accurate public health advice from WHO & your local health authority



Follow the news on latest coronavirus updates



To avoid spreading rumors, always check the source you are getting information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



Click the links below for more information on COVID-19:

About Coronavirus Disease 2019 (COVID-19)

How to Prepare

Handwashing Best Practices

How to Protect Yourself

California Department of Public Health

Interesting ways people are (virtually) coming together to help:



Purchase gift certificates to local restaurants, shops, and brick & mortar retailers



Contribute financially to food banks for children who have lost access to daily meals during school closures



Host virtual happy hours with friends and family to bolster human connection



Create wish lists for direct delivery to non-profit organizations and shelters that cannot currently receive in-person donations



Offer grocery store runs or meal delivery to the elderly and immunocompromised

**American Red Cross**

# Thank you

to the tenants who participated in the recent American Red Cross Blood Drive.

**FourFortyFour South Flower** registered 23 donors, collected 25 pints of blood, and recruited 10 first-time donors. Together, our efforts helped boost the community blood supply to ensure hospital patients have the lifesaving blood they need.

FOURFortyFOUR



SOUTH FLOWER

