

# Did You Know?

(NAPS)—For information about teeth whitening, including an overview of in-office versus at home procedures, how white spots on teeth can potentially be treated through whitening procedures, and other bleaching questions, visit Delta Dental of Washington at [www.deltadentalwa.com/blog](http://www.deltadentalwa.com/blog).

A complete home winterizing should include replacing your furnace filter and cleaning the ductwork to remove built-up dirt, dust and debris. That will improve indoor air quality and keep your heating and ventilation (HVAC) system running smoothly. Learn how from the Breathing Clean experts at [www.BreathingClean.com](http://www.BreathingClean.com).

For the more than 50 million Americans who suffer from allergies, there's added anxiety: Is it allergy or is it COVID-19? Fortunately, tests sold by Henry Schein Medical, such as the OPTIGEN® Allergy Test, can help doctors make that distinction. Learn more at [www.henryschein.com/MinarisMedical](http://www.henryschein.com/MinarisMedical).

Getting your flu vaccine is the best way to help prevent the flu. Fortunately, flu shots—including three senior dose flu vaccines: Fluzone HD, Flublok, and Fluvad for those over 65—are available at CVS Pharmacy and MinuteClinic locations nationwide. Learn more at [www.CVS.com](http://www.CVS.com) and [www.MinuteClinic.com](http://www.MinuteClinic.com).

The real estate market may be cooling down but you can still sell your home quickly, says Amanda Zachman, founder and executive director of MV Realty. To learn more and to contact a real estate agent at MV Realty, visit [www.mvrealty.com](http://www.mvrealty.com).

If you're like most pet parents, you want to give your pups the best when it comes to special treats. Jerky-style high protein, all-natural, human-grade treats from



Saint Rocco's provide quality, healthful ingredients and thoughtful, transparent production. For further facts and tips, visit [www.saintroccostreats.shop](http://www.saintroccostreats.shop) and @[saintroccostreats](https://twitter.com/saintroccostreats).

Starting a new business takes a clear understanding of your purpose, a plan and a strong support system. SCORE's Startup Roadmap offers a step-by-step online guide to help you create a thorough plan for your new business. A mentor can also help. Learn more at [www.score.org](http://www.score.org).

Boiler rooms target retail investors with highly speculative—often fraudulent—investments, report the experts at the Financial Industry Regulatory Authority (FINRA). For facts and tips on protecting your money or to file a tip or complaint, visit [www.FINRA.org/LearnMore](http://www.FINRA.org/LearnMore).

Updated vaccines that can better protect against the highly transmissible Omicron variant and its subvariants are now available in Connecticut. For more information and to find a vaccine, visit [www.vaccines.gov](http://www.vaccines.gov).

Experts advise changing your exercise routine seasonally. An adaptive fitness membership, JRNY, offers trainer-led coaching for Bowflex cardio and strength products as well as whole body workouts including yoga, Pilates, stretching, core, and more—making it easy to achieve a meaningful workout. Learn more at [www.jrny.com](http://www.jrny.com).