

Your Local Pharmacy

October

Tylenol®
Cold or Flu,
Extra Strength,
10 Daytime + 10 Nighttime
= 20 eZtabs

6⁹⁹



4⁹⁹



Aleve®
Naproxen Sodium Tablets,
220 mg,
24 Caplets

8⁹⁹



NeoCitran
Cold & Sinus,
Extra Strength or
Cold & Sore Throat,
Night,
Lemon,
10 Single Dose Pouches (Powder)

5⁹⁹



Mentholatum®
Natural Menthol Rub,
Ointment,
100 mL
Deep Relief®
Joint Pain Relief Gel,
Ultra Strength,
230 mL

healthOne™

Compare & Save!

3⁹⁹

Vitamin D3
Extra Strength,
1,000 IU,
90 Tablets



Ibuprofen
400 mg,
32 Extra Strength
Caplets

4⁹⁹



1⁸⁹

**Cosmetic
Pads**
100% Cotton,
100 Pads



99¢

**Weekly
Pill Box**



Prices in effect until Friday, October 30, 2020 or while quantities last.

Cold & Flu

COVID-19 VS FLU

COVID-19, which evolved into a pandemic, and the seasonal flu are both infectious illnesses, each caused by different viruses but both are respiratory conditions with some similar symptoms. However, COVID-19 has also shown signs of affecting the immune and circulatory systems, as more is being learned about this coronavirus.

Symptoms*	COVID-19	Flu
Muscle Aches	✓	✓
Fever/Chills	✓	✓
Headache	✓	✓
Diarrhea	✓	✓
Fatigue and Weakness	✓	✓
Extreme Exhaustion	✓	✓
Sore Throat	✓	✓
Loss of Taste or Smell	✓	
Shortness of Breath	✓	
Cough	✓	✓
Transmission		
Person to Person via droplets in the air from coughing, sneezing or talking	✓	✓
Airborne Route	✓	
Treatment		
Antibiotics		
Address Symptoms	✓	✓
Vaccine		✓
Antivirals		✓

*It is possible to have COVID-19 with minimal or no symptoms

How to Reduce the Risk of Catching COVID-19 or the Flu

You can help prevent the spread by:

- Washing your hands frequently and thoroughly
- Covering sneezes and coughs with a tissue or your shirt sleeve in your elbow
- Limiting contact with people who are infected
- Social distancing, staying six feet apart from others
- Wearing a mask
- Getting an annual seasonal flu shot



Consult a Health Professional

When you feel that you are coming down with these symptoms, consult your physician for a diagnosis and test if necessary to determine the virus type. may prescribe an antiviral medication, especially if you are at a high risk for complications. Your pharmacist is able to recommend over-the-counter medications that will help ease mild symptoms. Depending on where you live and where regulations permit, a qualified pharmacist may be able to give you a seasonal flu shot conveniently in the pharmacy.

Speak to your medical professional or pharmacist for more information.

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Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



7⁹⁹

Chloraseptic®
Sore Throat Spray,
Cool Mint or Cherry
Flavour,
177 mL

Buckley's®
Complete Liquid Gels,
24 Hour Convenience Pack
with Daytime Mucus Relief or
Daytime Plus Mucus Relief,
24 Gels

8⁴⁹



7⁴⁹

Benylin®
For Children,
All-In-One
Cold and Fever,
Bubble Gum Flavour or
Dry Cough,
Extra Strength,
100 mL

Allenburys
Basic Soap,
Ideal for Sensitive Skin,
100 g

1²⁹



Emergen-C®
Vitamin C,
1,000 mg,
Assorted Flavours,
30 Packets

11⁹⁹



5⁴⁹

SafeChek
Instant Hand
Sanitizer,
300 mL

Aspirin®
Quick Chews,
Daily Low Dose,
81 mg,
30 Tablets

5⁹⁹



7⁹⁹

**Children's
Tylenol®**
Fever & Pain,
Banana Berry,
100 mL

7⁴⁹

Children's Advil®
Cold & Flu,
Ages 6 to 12,
Berry,
100 mL



7⁹⁹

Advil®
Cold & Flu,
20 Caplets

healthOne

4⁹⁹

Melatonin
Fast Dissolving,
5 mg,
60 Sublingual
Tablets

3⁹⁹



**Dairy Digestive
Supplement**
Regular,
Lactase Enzyme,
100 Caplets

8⁹⁹



Sleep Aid
Extra Strength,
20 Caplets

4²⁹



Cold & Flu
Convenience Pack,
12 Non-Drowsy
Daytime
Capsules + 12
Nighttime Capsules

Transferring Your Prescriptions is Easy. Ask Us How Today!



8⁹⁹

Soothe®
Preservative Free
Dry Eye Therapy,
Lubricant Eye
Drops,
10 mL



14⁹⁹

NeilMed®
Sinus Rinse Kit,
Includes 50
Premixed Packets
or 100 Premixed
Packets



7⁹⁹

Rub-A535™
Muscle & Joint,
Extra Strength,
Regular Strength,
No Odour
Regular Strength
or Injury
100 g Cream



9⁷⁹

Eucerin®
Eczema Relief,
Cream,
226 g



5⁹⁹

Murine® Ear
Wax Removal
System,
Ear Drops,
15 mL

Gravol Kids™
Quick Dissolve
Chewable,
Cherry Flavour,
15 mg,
18 Tablets

5⁴⁹

Gravol™
Nausea Relief,
100 mg,
8 Caplets



1⁹⁹

PharmaSystems
Pill & Vitamin Planner,
Bubble Lock



13⁹⁹

**Nature's
Bounty®**
Turmeric
Curcumin,
450 mg,
120 Capsules



7⁹⁹

**Nature's
Bounty®**
Garlic,
Odorless,
1,000 mg,
100 Softgels

Cancer

Certain lifestyle choices are known to increase your risk of cancer. Smoking, drinking more than one alcoholic drink a day (for women of all ages and men older than age 65) or two drinks a day (for men age 65 and younger), excessive exposure to the sun or frequent blistering sunburns, being obese, and having unsafe sex can contribute to cancer.

You can change these habits to lower your risk of cancer — though some habits are easier to change than others.



15⁹⁹

Jamieson™
Omega 3-6-9 or
Omega-3 Select,
150 + 50 Softgels