

# Your Local Pharmacy

July

**Tylenol®**  
Extra Strength,  
Fast Pain Relief,  
500 mg,  
24 Caplets or eZtabs®

**3<sup>99</sup>**



**7<sup>99</sup>**

**Pepto-Bismol™**  
5 Symptom Relief,  
Liquid,  
480 mL or **To-Go Chewables**,  
Cherry Flavour,  
24 Tablets

**8<sup>99</sup>**



**Claritin®**  
Allergy,  
24 Hours,  
Non-Drowsy,  
Mint Flavour,  
10 Tablets



**4<sup>49</sup>**

**Aspirin®**  
Daily Low Dose,  
81 mg,  
30 Tablets

healthOne

Compare & Save!

**Balanced B-50**  
B Complex Tablets,  
Timed Release,  
100 Tablets

**11<sup>99</sup>**



**Folic Acid**  
1 mg,  
100 Tablets

**4<sup>49</sup>**



**12<sup>99</sup> Multiple Vitamins + Iron Tablets**  
250 Tablets



**9<sup>29</sup> Eye Care**  
Time Release,  
50 Tablets



Prices in effect until Friday, July 30, 2021 or while quantities last.

# Car Travel

Considering travel during the pandemic? Take precautions to protect yourself and others from COVID-19 — even if you've been vaccinated. Save yourself unpleasant surprises and delays by checking for restrictions at your destination and anywhere you might stop along the way. Keep in mind that restrictions can change rapidly depending on local conditions. Car travel gives you more control over your environment, but you'll still need to be smart about any stops you make and that just takes some planning.

## Here are things to consider before you hit the road:

- Make a packing list.
  - Bring any medicines you may need for the duration of your trip.
  - Grab these essential safe-travel supplies: **face masks, tissues, alcohol-based hand sanitizer (at least 60% alcohol), disinfectant wipes (at least 70% alcohol) for surfaces, thermometer, allergy medicine, motion sickness and nausea medicine, insect repellent and insect bite care, and sunscreen.**
- Plan to make as few stops as possible, but stop driving if you become drowsy.
- Prepare food and water for the road. Consider including nonperishable items to tide you over in case access to restaurants and grocery stores is limited.
- When you need to get gas, use a disinfectant wipe on handles or buttons before you touch them. After fueling, use hand sanitizer. And when you get to where you're going, use soap and water to wash your hands for at least 20 seconds.
- If you choose to pick up a meal on the road, opt for restaurants that offer drive-thru or curbside service.



## To prevent car sickness in children, you might try the following strategies:

- Reduce sensory input. Encourage your child to look at things outside the car rather than focusing on books, games or screens. If your child naps, traveling during nap time might help.
- Carefully plan pre-trip meals. Don't give your child a large meal immediately before or during car travel. If the trip will be long or your child needs to eat, give him or her a small, bland snack — such as dry crackers and a small drink — before it's time to go.
- Provide air ventilation. Adequate air ventilation might help prevent car sickness.
- Offer distractions. If your child is prone to car sickness, try distracting him or her during car trips by talking, listening to music or singing songs.
- Use medication. Ask your child's doctor about using an over-the-counter antihistamine, such as dimenhydrinate (Dramamine) or diphenhydramine (Benadryl), to prevent car sickness. Both medications work best if taken about an hour before travelling.

## 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



**12<sup>99</sup>**

**health One™**  
Rapid Digital Thermometer,  
10 Seconds,  
Flexible Tip,  
°C & °F



**6<sup>99</sup>**

**Solarcaine®**  
Lidocaine Spray,  
with Soothing  
Aloe,  
115 g



**5<sup>99</sup>**

**Gravol™**  
Easy to Swallow  
Tablets,  
Adults,  
50 mg,  
30 FilmKote® Tablets



**7<sup>99</sup>**

**Benadryl®**  
Allergy,  
Elixir or Children's  
Bubble Gum,  
Liquid,  
100 mL



**3<sup>49</sup>**

**Cortate® Cream**  
Skin Irritations, Itching, Dryness,  
Scaling and Redness,  
15 g



**12<sup>99</sup>**

**Aerius®**  
Fast and Effective Relief  
of 15 Symptoms,  
Non-Drowsy,  
5 mg,  
10 Tablets



**7<sup>99</sup>**

**Preparation H®**  
Multi-Symptom Relief,  
Cream or Ointment with Bio-Dyne,  
15 mL



**10<sup>99</sup>**

**Nature's  
Bounty®**  
B-12,  
Time Release,  
1500 mcg,  
80 Tablets



**6<sup>99</sup>**

**Orajel®**  
Instant Pain Relief,  
For Toothache,  
Maximum Strength,  
9.5 g

health One



**1<sup>99</sup>**  
**Cosmetic  
Pads**  
100% Cotton,  
100 Pads

**9<sup>99</sup>**

**One-Step  
Pregnancy  
Test**  
Easy To Read  
Results,  
99% Accurate



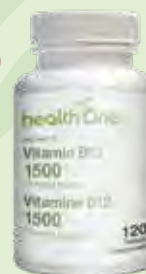
**Ibuprofen Liquid  
Gel Capsules**  
Extra Strength,  
400 mg,  
50 Capsules

**10<sup>99</sup>**



**Vitamin B12**  
Time Release,  
1500 mg,  
120 Tablets

**13<sup>99</sup>**



# Transferring Your Prescriptions is Easy. Ask Us How Today!



**8<sup>99</sup>**

**Compound W®**  
Wart Remover,  
Extra Strength,  
Fast Acting Liquid,  
10 mL



**7<sup>99</sup>**

**Physio Logic®**  
**ProScan™**  
Non-Contact  
Infrared Thermometer,  
Professional Accuracy



**5<sup>99</sup>**

**NeilMed®**  
**Neilcleanse™**  
Wound Wash,  
First Aid,  
Sterile Saline Solution,  
177 mL



**8<sup>99</sup>**

**Nizoral®**  
Once A Week,  
Anti-Dandruff  
Shampoo,  
Kills The Fungus,  
60 mL



**7<sup>99</sup>**

**Colgate®**  
**Peroxyl®**  
Mouth Sore Rinse  
Mint,  
237 mL



**6<sup>99</sup>**

**Neutrogena®**  
Hand Cream,  
Fragrance-Free,  
50 mL



**11<sup>99</sup>**

**Jamieson™**  
Multi Vitamin and  
Mineral Supplement,  
For Kids,  
60 Chewable Tablets

**Polysporin®**  
**HEAL-FAST® Formula**  
Original,  
Non-Greasy Infection Protection  
Cream or Infection Protection +  
Vitamin E Ointment,  
15 g

**7<sup>99</sup>**



**6<sup>99</sup>**

**Benadryl®**  
Bug Bite Relief,  
Triple Action,  
Stick,  
14 mL or Spray,  
59 mL

## First Aid

A well-stocked **first aid kit** can help you respond effectively to common injuries and emergencies. Keep at least one **first aid kit** in your home and one in your car.

Store your kits someplace easy to get to and out of the reach of young children.

A **first aid kit** might include: adhesive dressing, bandages in assorted sizes, an instant cold pack, a thermometer, antiseptic solution, and antibiotic ointment.

**5<sup>99</sup>**

**Band-Aid®**  
Flexible Fabric or Sheer Strips,  
80 Assorted Sizes or Wet-Flex,  
60 Assorted Sizes

