

Your Local Pharmacy

October

Tylenol®
Flu or Cold,
Extra Strength,
20 eZTabs®
(10 Daytime + 10
Nighttime Tablets)

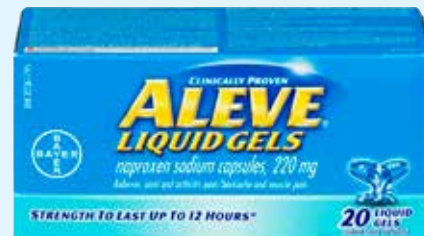


749

Aleve® Liquid Gels
Naproxen Sodium Capsules,
220 mg,
20 Liquid Filled Capsules

599

Children's Tylenol®
Ages 6-11,
Cold & Cough,
Bubble Gum or
Cold, Cough & Fever,
Bubble Gum Burst or
Soothing Apple,
100 mL



799

Children's Tylenol®
Fever & Pain,
Ages 2-11,
Banana Berry,
100 mL



499

health One™
ASA,
Daily Low Dose,
81 mg,
150 Eccentric Coated Tablets



599

health One™
Vitamin D,
For Adults and Kids,
400 IU,
60 Gummies



health One™

Compare & Save!

849

Echinacea
1000 mg,
100 Capsules



899

**One-Step
Pregnancy Test**
99% Accurate,
2 Pregnancy Tests

499

Fabric Bandages
Seals Out Dirt and Germs,
80 Bandages



Omega 3 **799**
Deep Sea Fish Oil,
1000 mg,
60 SoftGels



Prices in effect until Friday, October 29, 2021 or while quantities last.

COVID-19, Flu, Allergies & The Common Cold

COVID-19, flu, allergies and the common cold: What are the differences?

COVID-19, the flu and the common cold are all contagious respiratory diseases caused by viruses. COVID-19 is caused by the SARS-CoV-2 virus, the flu is caused by influenza A and B viruses whereas the common cold is most often caused by rhinoviruses. These viruses spread in similar ways and cause many of the same signs and symptoms.

Meanwhile, seasonal allergies aren't caused by a virus. Seasonal allergies are immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens, yet they cause many of the same signs and symptoms as COVID-19, the flu and the common cold.



Symptom Check

Symptom	COVID-19	Flu	Cold	Allergy
Cough	Usually (Dry)	Usually	Usually	Sometimes
Fever	Usual	Usually — not always	Sometimes	Never
Sore throat	Usually	Usually	Usually	Rarely
Runny or stuffy nose	Usually	Usually	Usually	Usually
Muscle aches	Usually	Usually	Sometimes	Never
Tiredness	Usually	Usually	Sometimes	Sometimes
Nausea or vomiting	Sometimes	Sometimes (more common in children)	Never	Never
Diarrhea	Sometimes	Sometimes (more common in children)	Never	Never
New loss of taste or smell	Usually (early — often without a runny or stuffy nose)	Rarely	Sometimes (especially with a stuffy nose)	Sometimes

There's no cure for the common cold. Treatment may include pain relievers and over-the-counter cold remedies, such as decongestants. Unlike COVID-19, a cold is usually harmless. Most people recover from a common cold in three to 10 days. While there is only one antiviral treatment for COVID-19, there are several antiviral drugs that can be used to treat the flu. Also, you can get an annual flu vaccine to help reduce your risk of contracting the flu. Treatment of seasonal allergies may include over-the-counter or prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible.

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 at 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



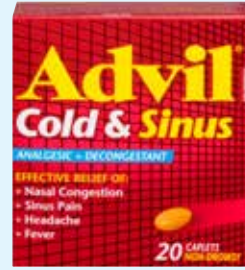
6⁹⁹

Jamieson™
Vitamin C,
500 mg,
Bonus 100 + 20
Caplets



7⁹⁹

Benlyn®
Dry Cough,
Extra Strength,
100 mL Syrup



8⁴⁹

Advil®
Cold & Sinus,
Analgesic +
Decongestant,
Non-Drowsy,
20 Caplets



4⁹⁹

Vicks®
VapoRub™
Nasal
Decongestant,
Ointment,
50 g



11⁹⁹

Robitussin®
Cough Control,
Extra Strength,
Up To 6HR Relief,
Cherry Flavour,
250 mL Syrup



8⁹⁹

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



12⁹⁹

Ester-C®
Vitamin C,
Stomach Friendly,
1000 mg,
60 Coated Tablets



17⁹⁹

Abreva®
Cold Sore
Treatment,
2 g



14⁹⁹

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

healthOne



8⁹⁹
Glucosamine Sulfate
500 mg,
180 Tablets

Diarrhea Relief **4⁹⁹**
2 mg,
12 Caplets



Melatonin **6⁹⁹**
3 mg,
60 Sublingual
Tablets



8⁴⁹
Deluxe Hot Water Bottle
Comfort & Warmth,
Relieves aches
and pains,
2L



Transferring Your Prescriptions is Easy. Ask Us How Today!

Halls
Selected Varieties

99¢



1.79

Fisherman's Friend®
Selected Varieties,
22 Lozenges



15.99

Gaviscon®
Extra Strength,
For Acid Reflux
& Heartburn,
Assorted Flavours

10.99



Cetaphil®
Pro RestoraDERM,
Nourishing Body Wash,
Dry, Itchy Skin,
295 mL



6.49

Gravol™
Upset Stomach
& Nausea,
Ginger,
Non-Drowsy,
20 Tablets or
Soft Lozenges



7.99

Rub-A535
Muscle & Joint,
Regular Strength
or **No Odour**,
Regular Strength,
100 g Cream

6.49



Murine® EAR
Wax Removal
System,
Ear Drops +
Ear Washer,
15 mL



6.99

Jamieson™
Vitamin C,
500 mg,
Bonus 100 + 20
Caplets



14.99

Nicorette®
Gum,
Stop Smoking Aid,
4 mg or 2 mg,
Ultra Fresh Mint
or Fresh Fruit,
30 Pieces

Cancer Prevention

Doctors have identified several ways to reduce your risk of cancer, such as:

- Stop smoking. If you smoke, quit.
- Avoid excessive sun exposure.
- Eat a healthy diet.
- Exercise most days of the week.
- Maintain a healthy weight.
- Drink alcohol in moderation, if you choose to drink.
- Schedule cancer screening exams.
- Ask your doctor about immunizations.



15.99

Nature's Bounty®
Coated
Omega-3,
Fish Oil,
1000 mg,
180 Softgels