

# Your Local Pharmacy

June



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

**Jamieson**  
Vitamin D,  
1,000 IU,  
200+40 Bonus Tablets



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

**Tylenol**  
Muscle & Body,  
16 Caplets



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

**NeilMed**  
Sinus Rinse Kit or Sinus  
Rinse Refill,  
100 Packets



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

**Aerius**  
5mg,  
10 Tablets

healthOne<sup>TM</sup>

Compare & Save!



**8<sup>99</sup>**  
**Vitamin B12**  
1000 mcg,  
100 Tablets



**7<sup>99</sup>**  
**Diarrhea Relief**  
2mg,  
12 Caplets



**7<sup>99</sup>**  
**Cold & Flu**  
12 Daytime  
Capsules,  
12 Nighttime  
Capsules

**1<sup>49</sup>**  
**Daily Pill Box**  
4 Compartments



Prices in effect until Friday, June 28, 2019 or while quantities last.

# First Aid



Everyone should have some knowledge of first aid for common injuries.

You should have a well-stocked first aid kit at home and have it easily accessible. First aid kits are preassembled and available from your pharmacy or you can make one up yourself with the help of your pharmacist. Be sure to check your first aid kit every three months to ensure medications have good expiry dates.

## Cuts and Scrapes

Minor cuts and scrapes are quite common and can be tended to at home.

- Stop the cut from further bleeding by applying gentle pressure with a clean bandage.
- Clean the cut by rinsing with clear water and wash the surrounding area with soap and a clean washcloth.
- Apply an antibiotic ointment or cream to prevent infection.
- Cover with a bandage to avoid bacteria until the cut has healed enough to be exposed to air which will speed the healing process.

## Treating Burns

Burns can happen in the kitchen or the barbecue while cooking. To treat minor burns, take the following steps:

- Cool the burn by holding it under cool running water for 10 to 15 minutes or use a cold compress
- Cover the burn loosely with a gauze bandage
- Take a pain reliever such as aspirin, ibuprofen, or acetaminophen
- If blisters appear, do not break them as open blisters can easily be infected
- Use a sunscreen on the renewed skin to prevent the pigment change.

## Insect Bites and Stings

As much as we try to avoid them, it is common to be bit by insects in the summer.

Most mild reactions can be treated by:

- Removing the stinger, if it is still in the skin and washing the area with soap and water
- Applying a cold pack to reduce the pain and swelling
- Using a hydrocortisone cream or calamine lotion
- Taking an antihistamine

Watch for any severe reactions that may appear, since some insects carry diseases such as West Nile and Lyme disease.

### 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



**2<sup>99</sup>**

## Mansfield

Travel First Aid Kit,  
16 Essential First Aid Items

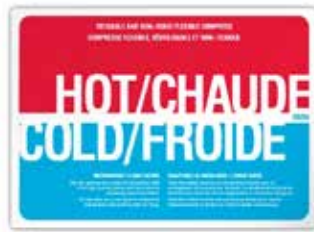
**Polysporin**  
Kids, Plus Pain Relief,  
or Triple,  
15g

**7<sup>49</sup>**



**Pharma Systems**  
Reusable Flexible  
Compress, Hot/Cold

**2<sup>49</sup>**



**Cortate**  
Cream,  
.5%, 15g

**2<sup>49</sup>**



**Gravol**  
50mg,  
30 Tablets

**5<sup>49</sup>**



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

**NeilMed**  
Neilcleanse,  
Wound Wash,  
177mL



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

**Aveeno**  
Eczema Care  
Moisturizing  
Cream,  
166mL

healthOne



**1<sup>29</sup>**

**Self-Cling**  
Gauze  
Bandage  
2"x4.1yds



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

**Non-Stick**  
Sterile Pads,  
3" x 4",  
10 Pads

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

**Ibuprofen**  
Extra Strength,  
400mg,  
72 Caplets



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

**Platinum**  
Muscle And  
Back Pain Relief,  
18 Caplets



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



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

**Dex4**  
Fast Acting  
Glucose,  
50 Tablets,  
Selected Varieties



**2<sup>99</sup>**

**Murine**  
Tears,  
Supplemental,  
15mL



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

**Fleet**  
Enema,  
Regular,  
130mL



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

**Summer's Eve**  
Deodorant Spray,  
Island Splash or  
Ultra,  
63g



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

**Rub-A535**  
100g,  
Selected Varieties



**1<sup>99</sup>**

**Trojan**  
Lubricated,  
3 Latex Condoms



**8<sup>49</sup>**

**Cetaphil**  
Moisturizing  
Lotion,  
250mL



**16<sup>99</sup>**

**Webber  
Naturals  
Glucosamine**  
Chondroitin MSM,  
90 + Bonus 33% More



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

**Webber  
Naturals**  
Most Complete  
Multi,  
Men's or Women's  
90 Capsules, or  
Men's or Women's  
50+,  
90 Capsules

## In the event of Sunburn

- Cool the skin - apply a clean towel dampened with cool tap water to the affected skin.
- Apply a moisturizer, lotion, or gel.
- Drink water to prevent dehydration.
- Don't break small blisters (no bigger than your little fingernail).
- Take a pain reliever such as ibuprofen to help with the discomfort and swelling of sunburn.
- Avoid more sun exposure while your skin heals from the sunburn.
- Apply an over-the-counter hydrocortisone cream if your sunburn is severe.

*Seek medical care for large blisters, such as those that cover the back.  
Large blisters are best removed because they rarely remain intact on their own.*



**5<sup>49</sup>**

**Solarcaine**  
Lidocaine Spray,  
115g