

## Summer HEALTH & ALLERGY CHECKLIST

Whatever your plans this summer, your **Pharmasave pharmacist** can help you plan for a healthy summer.

### Picking the right medications for infants and children:

Your pharmacist can help you pick the safest and best products for infants and children to protect them from sunburn, dehydration and to treat common summer ailments such as bumps and cuts, allergies, diaper rash and more...

### Traveling this summer:

Depending on your medical history, travel destination and mode of travel, your pharmacist can advise about recommended routine & travel immunizations and preventative medications.

### Routine Immunizations:

Before traveling, always ensure you are up-to-date on your routine vaccinations including those to prevent Shingles, Meningitis, Pneumonia, Influenza and Hepatitis.

### Travel Vaccinations:

For travel illness prevention, the pharmacist will help ensure you receive any country specific Malaria prevention medications or region specific vaccinations – i.e. Cholera, Yellow Fever, Japanese Encephalitis and/or Rabies\*.

\*Please note this is not a comprehensive list of all travel vaccines.

Your **Pharmasave pharmacist** will ensure you have the information you need to be prepared for this summer.

### OTC Medications and Prescriptions:

Your **Pharmasave pharmacist** can provide information on how to treat and prevent illness and how to safely store your prescription medication this summer. Speak with your **Pharmasave pharmacist** about:

- Which medications increase your sensitivity to the sun
- Which medications put you at an increased risk for dehydration
- Allergy - antihistamines and decongestants
- Oral rehydration
- How to prevent Lyme disease including tick removal & treatment
- How to treat Poison Ivy
- Medication to treat pain and fever
- Anti-nausea medication for motion sickness
- Anti-diarrheal medication
- Epinephrine treatment for severe allergic reactions
- Emergency Naloxone Kit

### Summer Essentials:

Your pharmacist can provide advice on what summer essentials and first aid supplies you should have on hand this summer:

- Sunscreen and after burn care
- Oral rehydration for adults and children
- Insect repellent and bug bite relief
- Eye protection; sunglasses
- Lip protection against the harmful effects of the sun
- First aid kit and first aid supplies for home and road trips; adhesive bandages, blister and wound care
- Hand sanitizer and wet wipes
- Hand and body lotions
- Hydrocortisone cream

Speak with your  
**Pharmasave pharmacist.**



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