

August Health and Wellness Information



Which First Aid Items Do I Need?

Planning an outdoor adventure, playing sports or just heading to the park? Be prepared and plan ahead with a few essential first aid items to have in the home, in the car and in your backpack.

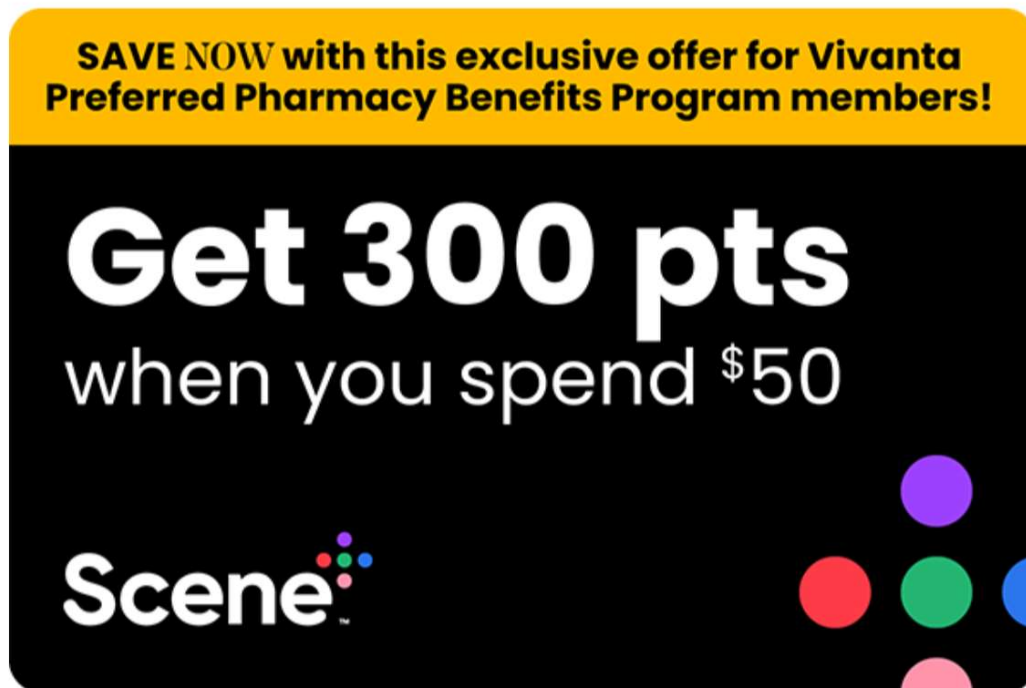
Here are a few items to consider for cuts, scrapes, blisters, skin care, bug bites or allergic reactions, and pain relievers.

- Adhesive bandages
- Sunscreen and aloe
- Antibiotic cream or ointment
- Hydrocortisone cream
- Calamine lotion
- Antihistamines
- Pain relievers such as acetaminophen and/or ibuprofen
- Insect repellent

Talk to your PPN pharmacist today!

[Find a Pharmacy](#)

Good news! Your exclusive August offer is now easier to use!



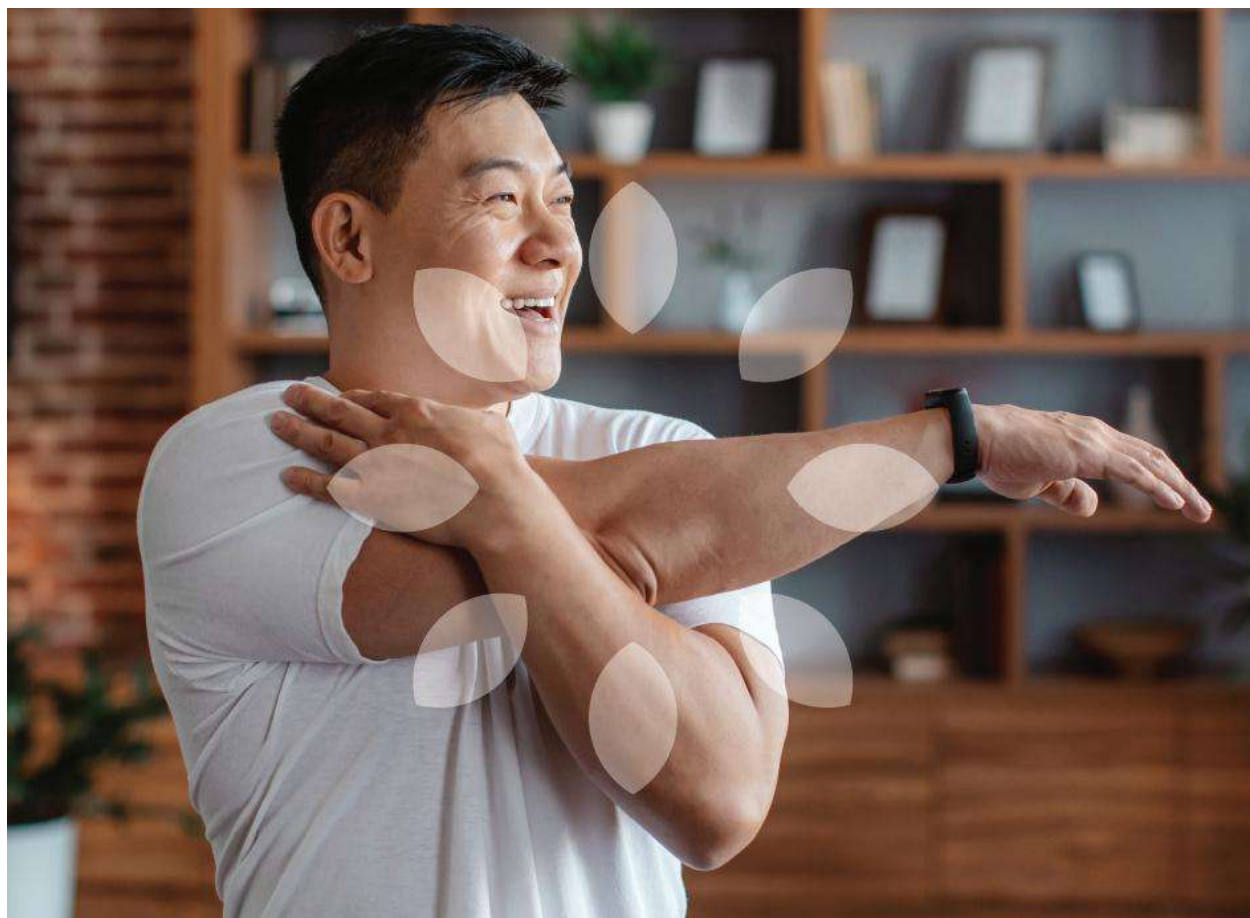
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*Fee for service may apply

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Vivanta preferred network solution pharmacies include:



To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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