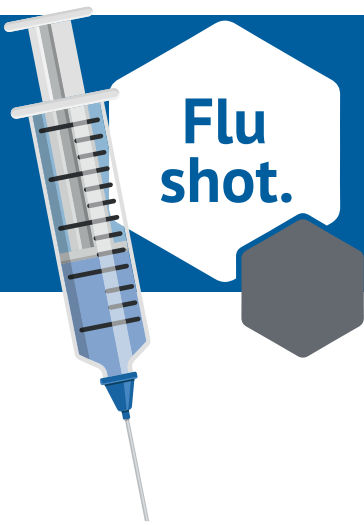




Do not leave the pharmacy immediately after your flu shot.

The following are some things you can do in the pharmacy while you wait:

- Pick up your prescription refills
- Restock your medicine cabinets with the essential items below:

Pain Killers

- ☐ Advil (Ibuprofen)/atoma® Ibuprofen
- ☐ Tylenol (Acetaminophen)/atoma® Acetaminophen
- ☐ Aleve (Naproxen)/atoma® Naproxen

Electrolyte Replenishers

- ☐ Pedialyte
- ☐ Hydrolyte
- ☐ Electrolyte gastro

Cough and Cold

- ☐ Tylenol Cold/Flu/atoma® Cold/Flu
- ☐ Lozenges/atoma® Lozenges & Cough drops
- ☐ Advil
- ☐ Aleve
- ☐ Vicks VapoRub/atoma® cold rub

Sinus Relief

- ☐ Hydrasense/atoma® nasal spray 135 ml
- ☐ Drixoral/atoma® nasal spray 30 ml
- ☐ Dristan/atoma® long-lasting nasal spray 30 ml
- ☐ Otrivin/atoma® decongestant nasal spray 30 ml
- ☐ Advil Cold and Sinus/atoma®

Devices and other supplies

- ☐ Thermometer/atoma®
- ☐ Disposable masks/atoma®
- ☐ Disposable gloves
- ☐ Hand sanitizer/atoma®
- ☐ Bandages/atoma®
- ☐ Antibiotic ointments/atoma®

Heart Burn Relief

- ☐ Gaviscon/atoma® antacid
- ☐ Pepto Bismol/atoma® bismuth
- ☐ Pepcid
- ☐ TUMS/atoma® calcium antacids

Vitamins and Minerals

- ☐ Vitamin C/ atoma®
- ☐ Vitamin D/ atoma®
- ☐ Zinc/atoma®

Natural Health Products

- ☐ Echinacea/atoma®
- ☐ Cold-Fx/atoma® Cold Assist