

# sunblock

While you're having fun in the sun, your skin needs protection. First, choose the right sun block: a sunblock with a sun protection factor (SPF) of 30 is good for everyday sun protection, but you may need a higher SPF if your skin burns easily or you will be outside all day. Next, be sure to apply sunblock 30 minutes before exposure to the sun, and every 2 hours or after physical activity/swimming. Be sure to put on enough, too: most people put on about one-quarter of the amount they need for maximum sun protection. A well-filled palm is about the right amount for one all-over application.



### 3 Steps to faster HEALING

1. CLEAN – Gently clean with lukewarm water
2. TREAT – Prevent infection with POLYSPORIN® topical antibiotic with HEAL-FAST™ formula
3. COVER – Speed healing with a BAND-AID® Brand adhesive bandage

\*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. • Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. \*Always keep medications and natural health products out of the reach of children.



Make sure to check the expiry date of your sunblock. As it ages, it becomes less effective at protecting your skin.

# July

sunday	monday	tuesday	wednesday	thursday	friday	saturday
June 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1	2	3
4	5	6	7	8	9	10
	SENIOR'S DAY – ZELLERS	SENIOR'S DAY – THE BAY				
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



National brand quality, at way better prices!

truly™ Continuous Spray Sunscreens and Aloe Vera Continuous Spray Sunscreens and Continuous Spray Aloe work at any angle (even upside down) and go on clear: no rubbing, no mess. The sunscreens are waterproof and are available in a variety of SPFs.

