

# breathe easier

May means longer days, warm spring breezes, gardens filled with flowers — and sneezing, wheezing and coughing as pollen counts begin to climb. If you suffer from “seasonal allergies” or hay fever, try to stay indoors when pollen counts are at their highest (usually between 5 and 10 am). Keep doors and windows closed, change sheets and pillowcases often and remember to change the filter on your air conditioner, furnace and vacuum. You can also talk to your pharmacist about the right antihistamine for you.



## Non-Drowsy REACTINE® Allergy

Canada's #1 non-drowsy allergy relief medication. Use REACTINE® tablets for fast, effective and long-lasting relief of itchy, watery eyes, sneezing and runny nose caused by indoor and outdoor allergies all year long.

## BENADRYL® Allergy



\*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.



Are your eyes red and itchy from allergies? Try a cold compress for 15-20 minutes. Just wet a washcloth with cold water and place over your eyes.

# May

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



National brand quality,  
at way better prices!

truly™ Clear Nasal Strips  
Latex-free and drug-free relief of nasal congestion. Helps reduce snoring and provides relief of cold and allergy symptoms.

