

Ready for back-to-school?

Helping Your Child Manage Asthma

- ✓ Help your child understand their asthma.
- ✓ Teach your child:
 - how to monitor their symptoms
 - how to use their rescue inhalers
 - the importance of correct hand-washing techniques to avoid the spread of germs and viruses
- ✓ Help your child identify what triggers their asthma.

Managing Allergic Reactions and Anaphylaxis Incidents

- ✓ Use tags or labels on your child's items to make others aware of their allergies.
- ✓ Be sure to keep more than one epinephrine auto-injector like an Epi-pen around and keep it easily accessible and ensure it is not expired.
- ✓ Avoid allergens altogether.
- ✓ Read the full ingredient list on food packaging.

Ensure your child is up to date on important vaccinations

- ✓ Your child will require different vaccinations as he or she gets older. Speak with your Rexall Pharmacist or trusted health care provider about the important vaccinations that benefit your child.
- ✓ It is important that you stay up to date on your child's vaccines. Keep a record by ensuring your child's vaccination/immunization card is up to date.
- ✓ If you are visiting your Rexall Pharmacist to have your child vaccinated*, remember to bring your vaccination/immunization card with you.
- ✓ Remember to get the flu shot in October.

TIPS

- ✓ Be aware of your child's school policy for medication administration.
- ✓ Ensure that your child's school has their provincial health card information on record.
- ✓ Ensure all medications and devices are clearly labelled with your child's full name.
- ✓ Ensure your child's school has up to date emergency contact information on record, in case they need to reach you.
- ✓ Speak with your Rexall Pharmacist on device training for inhalers, spacers, auto-injector and blood glucose meters.

BACK-TO-SCHOOL SHOPPING LIST

Your Rexall Pharmacist can help with recommending appropriate OTC products to keep on hand at home/school. Some items to include are:

- ☐ Allergy medications (tablets, creams & nasal sprays)
- ☐ Anti-bacterial cream/ointment
- ☐ Multivitamins & probiotics
- ☐ Throat lozenges
- ☐ Acetaminophen and ibuprofen to help with fever
- ☐ Latex-free bandages
- ☐ Hot/Cold packs
- ☐ Pocket-size tissue packs
- ☐ Anti-bacterial wipes
- ☐ Hand sanitizer

Check your child's medications and be sure to take back any old, unused, expired medications to your local Rexall Pharmacy for safe disposal.

**Transferring your child's prescriptions is easy.
Speak with your Rexall Pharmacist.**

*Based on vaccine availability and where permitted by provincial legislation. Pharmacist cannot administer a vaccine to children under a certain age; ask for age restrictions. Charges may apply.