



Ask Your Pharmacist

Tips For Keeping Your Family Healthy In Warm Weather

(NAPSA)—Before your family hits the road, the pool or the park this summer, it is important to protect their health to ensure that they are able to get the most out of summer activities.

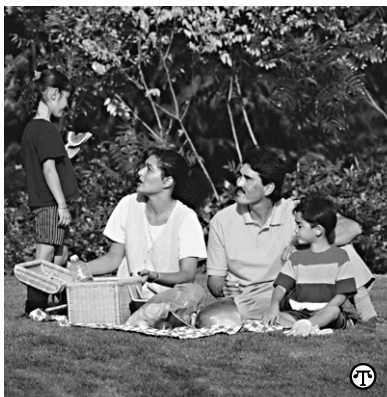
“Many of our patients ask how they can protect their children from allergens, heat stroke, and sunburns during hot summer days,” said Millard Nance, pharmacist and vice president of operations at Medicine Shoppe International. “From wearing sunscreen to traveling with the right health supplies, preparedness is key to keeping families healthy in the summer.”

Here are some tips from Medicine Shoppe Pharmacies on how parents can prepare for a healthy summer:

- **Take care of your skin.**

Even on cool or cloudy days, UV rays can reflect off water, cement, sand and snow, so it is important to protect your skin at all times. Apply sunscreen 30 minutes before going outside and reapply every two hours. Children learn by example, so care for your own skin as well. If skin does get sunburned, take acetaminophen and use aloe vera gel topically for pain relief.

- **Monitor the amount of activity outdoors when the temperature rises.** Summer is a great time to send your kids outdoors, but be careful to limit outdoor activities when the sun is at its hottest between the hours of 10 a.m. and 4 p.m. Make sure that everyone drinks plenty of fluids and refrains from drinks that con-



tain caffeine, alcohol or large amounts of sugar.

- **Remember to pack for your health when traveling.**

Pack all medical information, insurance cards, doctor information and prescriptions in your carry-on luggage in case of an emergency. Diabetics or those with a severe health condition should carry identification stating the condition.

- **Pack a first aid kit.**

Whether you are heading to the park or traveling across the country, keep a first aid kit stocked with the basics, including acetaminophen, bandages, antiseptic wipes, tweezers, calamine lotion, and extra prescription medications.

- **Consider the forecast when planning summer activities outside.** Check weather forecast for temperature, allergy counts and sun and heat indices and cater your plans according to your family's health needs.

For more information on medications, health and wellness visit www.medicineshoppe.com.