



CANADIAN
PHARMACISTS
ASSOCIATION

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PHARMACIENS
DU CANADA

Talk to your pharmacist about...

Tips for maintaining your health

Your pharmacist and the Canadian Pharmacists Association (CPhA) are interested in helping you enjoy the best health possible.

People have had concerns about such things as potential biological attacks following the events of September 11th and its aftermath. Many people have experienced feelings of anxiety and stress. There are ways to cope with these issues, the first and best being to pay special attention to taking care of yourself and your family.

You can always talk to your pharmacist when you have questions about your medications and health.

Tips for Maintaining Your Health

- Eat a balanced diet.
- Exercise regularly.
- Get enough sleep.
- Wash your hands with soap and water throughout the day.
- Use antibiotics wisely. Talk to your pharmacist.

Tips for Managing Your Medications*

- Make sure you have 5-7 days' supply left when you reorder your prescriptions.
- Keep an "emergency supply" with you in case you are delayed and cannot access your main supply. Your pharmacist can supply you with an extra, labelled container.
- If you travel, take more medication than you need in case of delays. A few extra days' supply should be fine.
- If you need syringes for medical reasons and are flying, make sure you have a note from your physician.
- Do not stockpile medications.

*Adapted from Smith DL. "Be Prepared: Keep Your Medicines Close at Hand" Taking Control of Your Medicines: Vol. 1 No. 2.

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