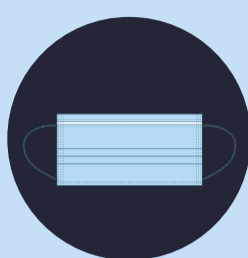


Travelling during the pandemic?

Carry these essentials during your travel!



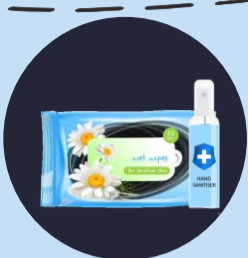
Covid-19 self-test kits



Face masks



First aid supplies



Hand sanitiser and alcohol wipes



Sunblock, moisturiser and lip balm



Vitamins

Consider carrying these medicine for common illnesses:

For Cough

- Dextromethorphan
- Diphenhydramine
- Guaifenesin

Note: If you need advice on cough medicine for children, please ask our Pharmacist.

For Sore throat:

- Antiseptic lozenges such as Dequalinium
- Throat spray, gargle and mouthwash

For Motion Sickness:

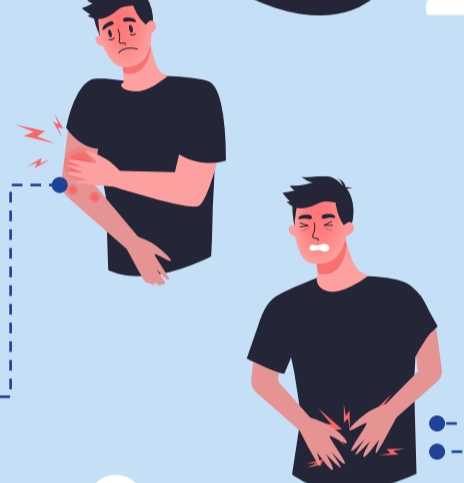
- Dimenhydrinate
- Cinnarizine
- Ginger products marketed for motion sickness

Note: These medicine may cause drowsiness. Take the medicine 30 minutes before starting your journey.

For Insect Bites:

- Calamine lotion
- Hydrocortisone cream

Tip: Apply a cold compress or ice pack on the bite to reduce swelling and itching.



For Fever, Headache:

- Paracetamol
- Ibuprofen
- Fever patch

For Runny Nose, Allergies, Rash:

- Loratadine
- Cetirizine
- Chlorpheniramine

For Runny and Blocked nose

- Loratidine and Pseudoephedrine

Note: Some medicine may cause drowsiness. Do inform our Pharmacist if you prefer a non-drowsy option.

For Gastric Irritation and Indigestion

- Antacids
- Omeprazole
- Famotidine

Note: Antacids may reduce the effect of some medicine. Do check with our Pharmacist before taking.

For Diarrhoea:

- Charcoal pills
- Oral Rehydration Salts

Click [here](#) for suggested list of travel medications for adults and children. Ask your Doctor or our Pharmacist before taking any medicines or if you are unsure of your condition.



Tips for travelling safe during Covid-19

1

Complete your vaccination and booster shots before travelling. Consider deferring your travel plans if you are unvaccinated or partially vaccinated.

2

Check for travel requirements, restrictions and infection rates at your destination.

3

Wear a face mask and avoid touching your face.

4

Wash your hands frequently or use a hand sanitiser.

HEALTH + advice tips

Our Pharmacist can advise you on a list of travel medications or first-aid items you may need. Visit any of our Pharmacies or click [here](#) to ask our Pharmacist now!



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