



April Health and Wellness Information



Reducing the pain of vaccines

Vaccines are important for all ages. With the recent increases in Measles cases, it is particularly important to ensure your children are up to date with their vaccines. Measles, also known as Rubeola, is a very contagious viral infection that can lead to serious illness requiring hospitalization. The best protection is to be vaccinated with two doses of the vaccine. For more on measles <u>click here!</u>

Pain is a common side effect from getting a vaccine which can cause fear, stress, anxiety in both children and adults. There are ways to help reduce the pain such as the using numbing cream and patches prior to getting vaccinated. These products can be found in your pharmacy, over the counter, and without a prescription.

For more information and other tips check out these resources:

Numbing Creams and Patches for Immunization Needles Don't have to Hurt

Have questions? Talk to Your PPN pharmacist!

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*Conditions apply.

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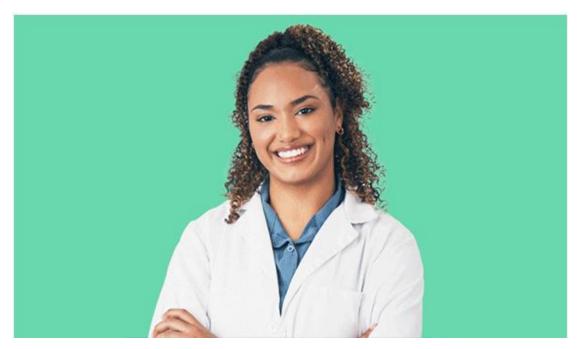
Your Health News



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Exclusive April offer: Preferred pricing/copay coverage on prescriptions filled at Vivanta PPN pharmacies (check with your plan administrator for details).

Learn More

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To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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