BULLCREEK DISCOUNT PHARMACY

Extra Care. Extra Savings

Your Winter Health

12th May - 14th June 2020

WE ARE A COVID-19 SAFE PLACE TO SHOP

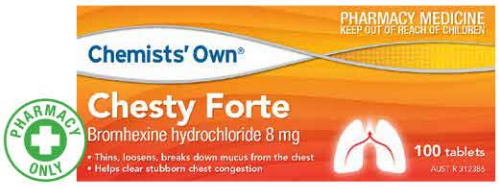
COLD & FLU

At our Pharmacy, the health and safety of our customers, staff and the local community remain our top priority. Don't forget we are here for you and look forward to assisting you with your health needs this Winter. To understand what the best solution for you and your family is, come into the Pharmacy for great value and service.

10mL ¥

200mL ¥

If you have a stubborn chesty cough or congestion, **Bisolvon Chesty Forte** is effective in treating productive, chesty coughs due to common cold, flu or infections of the respiratory tract by thinning, loosening and clearing mucus from the chest.



100 Tablets ¥

24 Capsules ¥

LifeClub™ SPEND & SAVE GET A $5 VOUCHER*

1 Bottle + 12 Sachets ¥

Flo is designed to relieve nasal and sinus symptoms which may be a result of sinus congestion, colds, hayfever and allergies.

48 Tablets ¥

¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions. Spend $40 or more in one transaction on non-prescription items to receive a $5 LifeClub voucher, redeemable on your next purchase greater than $10. Voucher is valid for two weeks from issue date, is not transferable, and cannot be used in conjunction with any other offer. Normal LifeClub conditions apply. See in store for full terms and conditions. While stocks last.

WINTER WELLNESS

Now that the weather is cooler, don't let that stop you from doing the things you love! Be prepared for the Winter season by tackling cold and flu symptoms as soon as they start.

We are here for all your trusted health advice

Sore throat

A sore throat can be the first indication that you may be becoming unwell. Sore throats can be caused by a virus or a bacterial infection and is also called pharyngitis, which means inflammation of the pharynx.[1]

16 Lozenges ¥ 16 Lozenges ¥

120mL ¥

200mL ¥

Immune support

Your immune system defends the body from infection. It is made up of a complex network of cells, tissues and organs. A compromised immune system can cause health issues and can increase your risk of infection.[2]

300 Chewable Tablets ¥ ∞

30 Capsules ¥ ∞ 60 Capsules ¥ ∞

100 Tablets ¥ ∞

Supplements

30 Tablets ¥ ∞ 30 Tablets ¥ ∞

250 Tablets ¥ ∞ 250 Capsules ¥ ∞

200 Capsules ¥ ∞

30 Tablets ¥ ∞

60 Tablets ¥ ∞

Did you know?

Magnesium can help relieve pre-menstrual tension symptoms and reduce menstrual cramps and pain.

200g ¥ ∞

1 https://www.healthdirect.gov.au/sore-throat 2 https://www.healthdirect.gov.au/immune-system ¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

easyclinic
health services

Have you had your flu shot this year?

An annual influenza vaccination is the best way for us to protect ourselves and our community during flu season.[1] Our flu season usually peaks between June and September in most parts of Australia[2], so if you haven't had your flu vaccination yet, now is a good time before flu season starts.

Even if you miss this timing, remember it's never too late to get your yearly vaccination, as the flu virus is in the community all year round.[3]

It's easy and convenient to get the flu shot at your local Pharmacy, with no prescription required. Check with us in store for eligibility - in some cases, our Pharmacist will refer you to your Doctor.

What is the difference between symptoms of the coronavirus (COVID-19) and the flu?

Both seasonal flu (which include influenza A and influenza B viruses) and COVID-19 are contagious viruses that cause respiratory illness.

Influenza[4]

- Runny nose or sneezing
- Fever and chills
- Headache
- Cough or sore throat
- Body aches
- Vomiting and diarrhoea (in children)

Coronavirus[5]

- Fever
- Shortness of breath
- Cough or sore throat
- Fatigue

If you think you or a loved one may be experiencing symptoms of COVID-19, please call ahead before visiting the Pharmacy, and contact the National Coronavirus Helpline (1800 020 080).

Whilst there is no vaccine as yet for COVID-19, there is one for the flu. Getting the flu and COVID-19 at the same time can make you very unwell, so it's still important to get your flu shot this year.

Do your bit and be an #inFLUencer this flu season – speak to us about getting your flu shot today.

1 Australian Technical Advisory Group on Immunisation (ATAGI) Influenza Webpage updated 03.2020 https://www.health.gov.au/sites/default/files/documents/2020/03/atagi-advice-on-seasonal-influenza-vaccines-in-2020.pdf 2 https://immunisationhandbook.health.gov.au/vaccine-preventable-diseases/influenza-flu 3 https://health.act.gov.au/services-and-programs/immunisation/influenza-flu/know-facts-about-influenza-vaccine) 4 https://www.health.gov.au/health-topics/flu-influenza 1`5 https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

KIDS' HEALTH

Did you know?

Pharmacists can give you advice about health, wellbeing, illness and treatment for many conditions for you and your family. It is good to ask our Pharmacist about medicines prescribed for your child as we are able to discuss with you any possible side effects or interactions. Our Pharmacist is also able to give you information about non-prescription medicines and treatments like paracetamol, antihistamines and vitamin supplements to assist you with managing your child's health concerns.[1] Speak to our Pharmacist today.

Day and night relief

Duro-Tuss Children's Cold and Flu Liquid can be used to help relieve the severity of cold and flu symptoms including coughs, blocked noses, aches & pains, fever and sore throat.

200mL ¥ 200mL ¥ 200mL ¥

Baby

Killing 99.9% of germs makes this anti-bacterial cleanser ideal for baby's bottles, accessories, toys and fruit.

450mL

2 x 240mL

2 x 240mL

Immune support

May reduce the frequency and duration of cold and flu symptoms such as runny noses and coughs

PHARMACY ONLY

120g ¥ ∞

Steam and vapour relief

Helps relieve a sore throat, stuffy nose, and irritating cough.

50g ¥

Adding moisture to dry, cold air can help alleviate symptoms of colds and flu.

1 Unit ¥

180mL ¥

1 Unit ¥

Worms

24 Chocolate Squares ¥

Cuts & scrapes

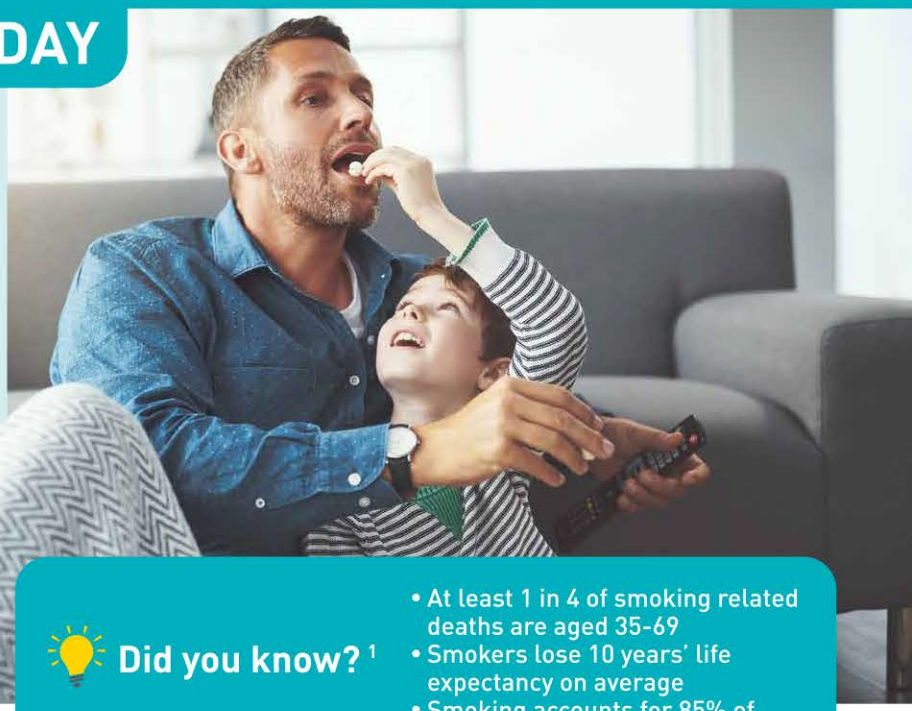
20 Fabric Strips

10 XL Fabric Strips

1https://raisingchildren.net.au/guides/a-z-health-reference/pharmacist ¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

Not a LifeClub member?

WORLD NO TOBACCO DAY



In a period where we are all spending more time in the home, if you have a regular smoking habit, consider what you need to do to protect your children (or grandchildren) from the effects of smoking – both physical and emotional. Ensure they are not susceptible to second hand smoke and all of the potential health impacts of passive smoking. Quitting isn't just for you so make sure you ask our Pharmacist how we can help support you with quitting smoking.

Did you know? [1]

- At least 1 in 4 of smoking related deaths are aged 35-69
- Smokers lose 10 years' life expectancy on average
- Smoking accounts for 85% of lung cancers

$44.98

150 Sprays & 7 Patches ∑

$39.98 each

105 Pieces ∑

105 Pieces ∑

$46.98 each

2 x150 Sprays ∑

2 x150 Sprays ∑

WE ENCOURAGE APPROPRIATE SOCIAL DISTANCING IN OUR PHARMACY

$26.98 each

60 Lozenges ∑

60 Lozenges ∑

$27.98 each

100 Pieces ∑

100 Pieces ∑

Member - exclusive offer

SPEND & SAVE

GET A $5 VOUCHER

LifeClub™

Simply spend $40 or more and scan your LifeClub card today!

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1.https://www.icanquit.com.au/reasons-to-quit/smoking-and-your-health/health-dangers-of-smoking ∑ This product contains nicotine. Stop smoking aid. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions. Normal LifeClub conditions apply. See in store for full terms and conditions. * While stocks last.

WINTER SKIN CARE

The lure of a hot shower definitely helps in getting out of bed on a cold morning. However hot water strips oils from your skin faster than warm water. Lock moisture back in as soon as you get out of the shower by moisturising.

Washing your hands more often?

ASK YOUR PHARMACIST

For temporary relief of contact dermatitis due to hand washing with soap.

30g

Ask your Pharmacist—they must decide if this product is right for you

30g

Ask your Pharmacist—they must decide if this product is right for you

TIP!

Use a soap-free wash to reduce irritation.

The **Dermaveen** range contains natural colloidal oatmeal to gently cleanse and help soothe dry skin and irritation while maintaining a well functioning healthy skin barrier.

1L ¥ 1L ¥

500g ¥

100mL ¥

Did you know?

Bio-Oil Dry Skin Gel consists of 87% oil, making it an intensive moisturiser.[1]

Lip Care: Windburn

Due to their naturally thinner skin, your lips are one of the most sensitive parts of your body. Their prominent location also makes them even more vulnerable to the elements, which can cause them to get windburn.[2]

The following measures can help treat dry and windburned lips:

- Stay hydrated
- Avoid hot drinks and spicy foods
- Don't pick at your lips
- Use a moisturising lip balm with SPF for added protection throughout the day

7g £

1. https://www.bio-oil.com/au/au-en/dry-skin-gel/formulation 2. https://www.healthline.com/health/windburn#treatment ¥ This product may not be right for you.Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. £ When using sunscreen always wear a hat, protective clothing and sunglasses. Avoid prolonged high-risk sun exposure. Reapply sunscreen frequently or use in accordance with directions. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

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EYE HEALTH

Dry Eye

As we are all inevitably spending more time in front of the screens, with more intense blue light, it is important to keep your eyes healthy. The macular is part of the retina at the back of the eye. It's only about 5mm across but is responsible for all of our central vision, most of our colour vision and the fine detail in what we see.[1] It's impressive such a small part of our body can have such an important role! Early research shows that too much exposure to blue light could lead to digital eyestrain and/or retina damage.[2]

10mL ¥

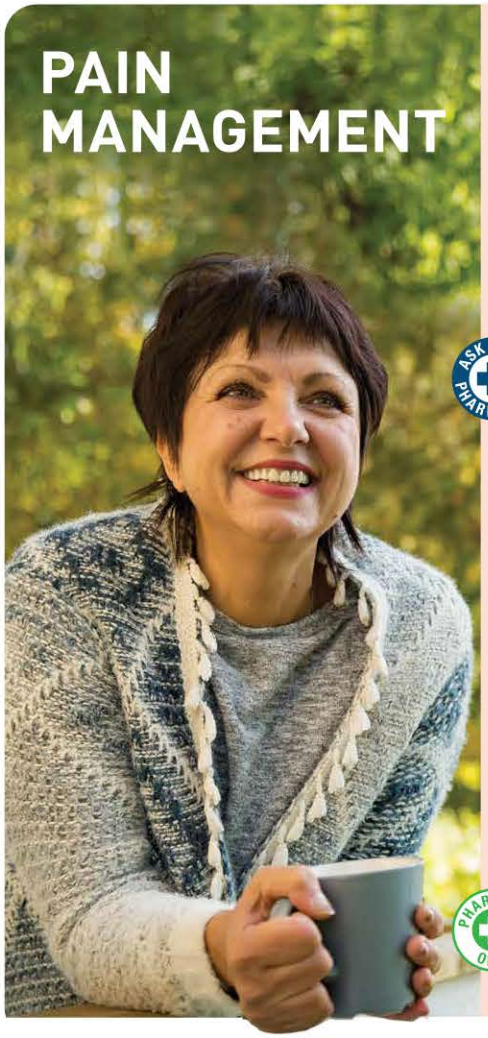
10mL ¥

Did you know?

Macu-Vision and **Lutein Defence** help to support macula and retina health.

60 Tablets ¥ ∞ 150 Tablets ¥ ∞ 60 Tablets ¥ ∞

PAIN MANAGEMENT



Osteo

Panadol Osteo contains a higher dose of paracetamol than regular Panadol tablets. With only 3 daily doses, each lasting up to 8 hours, it may provide up to 24-hour pain relief.

96 Caplets ^

Ask your Pharmacist—they must decide if this product is right for you

100g µ

Did you know?

Heat may be effective for pain and stiffness related to inactivity of a joint.[3]

1 Piece

1 Piece

Muscle

150g µ

50g µ

Strong

30 Capsules µ

Ask your Pharmacist—they must decide if this product is right for you

1 https://www.macularsociety.org/what-macula 2 https://www.preventblindness.org/blue-light-and-your-eyes 3 https://www.uofmhealth.org/health-library/hw125087 ¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate. µ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional Incorrect use could be harmful.^ Always read the label. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your health professional. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

GENERAL HEALTH

ORAL CARE

42g ¥

1L

EAR CARE

10mL ¥

Did you know?

Ear wax and the tiny hairs in the ear trap dust and other foreign particles that could damage the ear.

DIGESTION & GI

28 Sachets ¥

7 Tablets ¥

595g ¥

90 Tablets ¥

60 Capsules ¥ ∞

¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate. Not all products stocked in all participating pharmacies. While stocks last. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

Managing your medications from home

At Bullcreek Discount Pharmacy the health and safety of our customers, staff and the local community remain our top priority. With the outbreak of COVID-19, we want to ensure we are doing everything we can to continue to look after your health needs.

We offer a **FREE delivery service** on **Tuesdays & Thursdays after 2pm**. Please call us for more details or to arrange delivery.

We have updated our website to allow you to conveniently upload your script to order medication. For more information see our website.

To effectively manage your prescriptions, we recommend you download and use the MyPharmacyLink App. The App helps you easily manage and order medications.

BULLCREEK DISCOUNT PHARMACY

Extra Care. Extra Savings

OPEN 7 DAYS

Shop 9, Parry Village Shopping Centre, 118 Parry Avenue, Bull Creek WA
Phone: 9332 5232
Monday - Friday 8:30am - 7:00pm
Saturday 8:30am - 6:00pm **Sunday** 9:00am - 5:00pm
Public Holidays Closed