

Summer Savings!

20% Off

All Leader Sun Screen

*Not valid with any other coupon or sale price
Must present coupon at time of purchase, one per customer,
Redeemable at Powhatan Pharmacy or Plaza Pharmacy
Valid July 1, 2011 - July 31, 2011*

Water Safety

According to the CDC's Top 10 Leading Causes of Death in the United States in 2007, 3442 children ages 1-4 died, 1588 died from accidental death. Out of the 1588 accidental deaths 28% were drowning's. That is only a small portion of deaths related to drowning's. Water activities are fun and are good exercise. Water safety is a must. Here are some water safety tips.

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim--this includes adults and children. To enroll in a course to learn or improve your ability to swim, contact your local Red Cross chapter or your local YMCA.
- Never leave a child unobserved around water. Your eyes must be on the child at all times. Adult supervision is recommended.
- Install a phone by the pool or keep a cell phone nearby so that you can call 9-1-1 in an emergency
- For out door pools, lakes and boating watch the weather: Know local weather conditions and prepare storms. Watch local news programs. Stop swimming and/or boating as soon as you see or hear a storm.
- Drink plenty of water regularly and often even if you do not feel thirsty. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse.
- Don't rely on flotation devices and inflatable toys as they cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.

Check Out <http://www.gcredcross.org/watersafetytips.html> for additional safety tips
Greater Richmond Red Cross 804-780-2250



Sunscreen Facts

Some dermatologists recommend the following preventative measures:

- Sunscreens should block both UVA and UVB rays. These are called broad-spectrum sunscreens, which should also be hypoallergenic and noncomedogenic so it doesn't cause a rash or clog the pores, which can cause acne.
- Sunscreens need to be applied thickly enough to get the full SPF protection.
- Sunscreens should be applied 15 to 30 minutes before exposure, followed by one reapplication 15 to 30 minutes after the sun exposure begins. Further reapplication is only necessary after activities such as swimming, sweating, and rubbing.
- Sun rays are strongest between 10 am and 4 pm.
- Wearing a hat with a brim and anti-UV sunglasses can provide almost 100% protection against ultraviolet radiation entering the eyes.
- Reflective surfaces like snow and water can greatly increase the amount of UV radiation to which the skin is exposed



Happy 4th of July
It's Independence Day





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