



ditchtheitch
make
allergies
suffer.



A pharmacy first.

POLLEN SEASONS IN CANADA †

	Atlantic provinces	Quebec	Ontario	Manitoba	Saskatchewan Alberta	British Columbia
Feb.						
Mar.						
April			‡			‡
May						
June						
July						
Aug.						
Sept.						
Oct.						

Tree Grass Ragweed

† Aerobiology Research Laboratories. Pollen and Spore Report 2001.
‡ Cities of Windsor and Victoria areas only.

This year, experts are predicting a longer allergy season.

Allergies are caused by the body releasing histamine when it reacts to allergy triggers (dust, pollen, trees, animal dander, etc).

Steps for relief:

1. Reduce exposure to your allergy triggers.
 - Visit rexall.ca/avoidallergies for helpful tips or speak with your Rexall Pharmacist in-store.
2. Relieve your symptoms with an antihistamine.
 - Visit rexall.ca/allergysymptomrelief and use the Allergy Symptom Relief Tool developed by our pharmacists. It will provide you product suggestions based on your symptoms.
 - Or speak with your Rexall Pharmacist in-store for allergy relief product recommendations.

Get outside and have fun!



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