



Check out our back to school section

- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.
- According to the CDC washing your hands with soap and water can reduce the risk of respiratory infections by 16%, which can greatly reduce the amount of time your child stays home sick.
- Soap and water is the preferred method to maintain proper hygiene but an alcohol based hand sanitizer has also been shown to be very effective. Lysol disinfecting wipes are also very effective in killing harmful germs and bacteria.
- If you think that you or your child is getting sick there is a product that can help. Airborne is a combination of vitamins, minerals, and antioxidants that can help boost your immune system to help prevent you from getting sick.
- If your child does get sick there are some great products you can choose from to help alleviate their symptoms. Mucinex and Delsym are excellent choices when it comes treating a cold. Mucinex helps to treat multiple symptoms while Delsym is one of the best known cough suppressants on the market.
- Many kids are picky eaters, which means they may be missing out on essential vitamins. This can be resolved in an easy and delicious manner, many kids would throw a fit about taking a multivitamin, but if it comes in a chewable tablet or gummy they will enjoy it more.
- When playing at recess or after school at practice your child will inevitably scrape their knee or elbow. When this happens make sure they are prepared with a min first aid kit or a box of band aids.
- If your child is busy playing a sport they will also be sore all day, help ease the pain by making sure they have some Tylenol or Ibuprofen to help take care of their aches and pains.
- The first days of school can be tough on a child as they get back into the swing of things. Many children experience an upset tummy because they are nervous about school starting, help your kids out by picking up some pepto bismol to help take care of those issues.
- Acne can be a huge problem for teens, even the slightest breakouts can hurt their self-esteem. This acne is often caused by an excess of oil. Make sure to pick up some of our great products that can help keep their face oil-free.
- Lice outbreaks are a major issue in daycares and elementary schools across the nation, they are difficult to prevent but they can be treated with our great lice solution kit.

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"Caring for the health of you and your community"