

## WINTER SURVIVAL KIT



Here's a quick list of supplies that every family needs for surviving the cold winter winds and long evenings:

### SUNSCREEN

Not just used during hot months! Sunscreen can protect your skin from UV rays reflected off of snow.

### MOISTURIZERS

Creams are great for mild dryness, oils for moderate dryness, and ointments for severe dry skin.

### LIP BALM

Protect lips from UV rays with lip balms that include SPF 30.

### CALCIUM + VITAMIN D

Less sunlight exposure means less vitamin D. Take calcium and vitamin D supplements to help boost your mood during these long winter months.

Brought to you by this pharmacy and the National Community Pharmacists Association

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