

Don't give up sanitizers and face masks post COVID-19 vaccination this Spring - Pharmacists suggest.

March 26, 2021: The government of Manitoba has set a target to administer 20,000 doses per day by the beginning of April, and 224,269 immunizations are planned by the mid of April. Although many Manitobans will become immune to the novel Corona Virus, local pharmacists still suggest continuing the use of hand sanitizers and face masks, after the vaccination.

are spread the same way as COVID-19, through cough, sneeze, and saliva. Therefore we recommend continuing the mindful hygiene measures we have normalized the last year, and keep ourselves safe from potential seasonal diseases," says Sanjay Patel, Pharmacist, Apollo Pharmacy. Sanjay adds, "Most of these diseases can be cured with OTC or prescribed medications, but taking preventive measures might save you a trip to the medical centre."

Some of the common health conditions associated with springtime are asthma, rhinovirus, flu, conjunctivitis, and strep throat. "Asthma may result from pollen, fertilizers, insect repellents, dust, mold, and cleaning chemicals. Strep throat is spread the same way as COVID-19. Wearing a mask is the best preventive measure you can take. Similarly, keeping our hands clean and away from the eyes, and mouth can prevent Rhinovirus and Conjunctivitis," suggest Sanjay.

"The beginning of spring is associated with many seasonal diseases and allergies, and many of these germs

"People widely started depending on hand sanitizers and face masks in 2020 because of the absence of vaccines



and other medical resources that could keep the pandemic in check. That was the only rational choice available to keep them safe. However, masks and sanitizers were always recommended by experts to prevent some common

and curable seasonal diseases," says Sanjay, "therefore patients who are vulnerable to seasonal allergies or those with a weak immunity should continue applying the 'COVID-19 personal hygiene rules' to stay safe."

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