

Have a healthy summer...



Warm weather, longer days – what's not to love about summer? How about hay fever, sunburn and insect bites. Here are some top tips to ensure summer health hazards don't ruin your holidays.

Be safe in the sun

- Avoid the sun between 11am and 3pm, when it is at its most harmful
- Wear high factor sunscreen - reapply frequently and check it is not out of date
- Cover up with a shirt, hat and sunglasses
- Drink plenty of water - this will also help keep you cool
- If you suffer from prickly heat, wear loose, cotton clothing and apply calamine lotion to the affected area.



If you get sunburnt

- Take a cool shower
- Apply after sun to cool and moisturise your skin
- Use calamine lotion on the affected area
- Stay in the shade and wear loose, cotton clothing
- Drink plenty of water to prevent dehydration
- See your local pharmacist or GP if your sunburn is severe and your skin is blistered.



Moles - if in doubt, check it out

Check your skin regularly for any changes, especially to moles and freckles. If worried, seek urgent medical advice from your GP.

Your local pharmacist can offer advice

We all know that pharmacists dispense medicines. But they do a lot more than that. Local pharmacies offer a range of health services that you may not be aware of.

For example, pharmacies promote health and wellbeing and provide access to stopping smoking, sexual health and alcohol support services. These services could save you a trip to your GP, or help you to make healthy lifestyle changes.

Be prepared for a heat wave

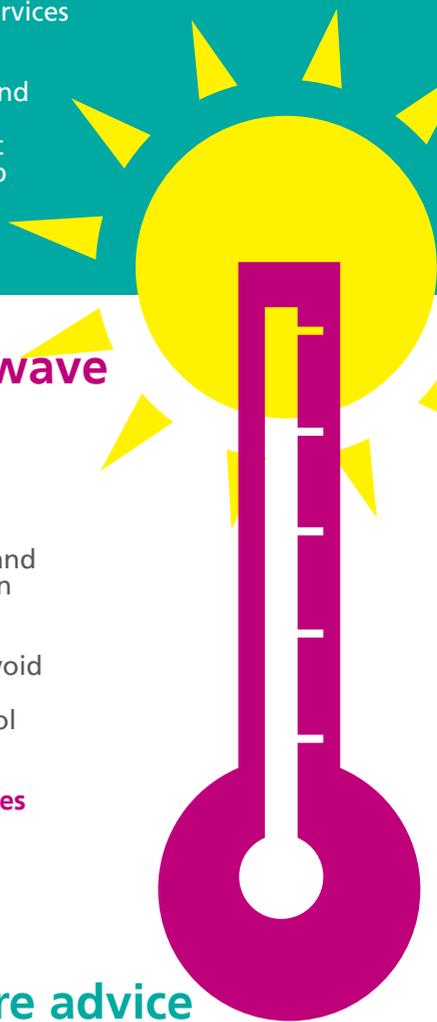
The very young, elderly and seriously ill are most at risk when it's very hot. An average temperature of 30°C by day and 15°C overnight would trigger a health alert.

In particular, hot weather can make heart and breathing problems worse. A heat wave can also cause dehydration and heatstroke.

Take the same precautions you would to avoid sunburn. In addition, when indoors, shut windows and draw the curtains to keep cool air in and hot air out.

Don't forget to check up on friends, relatives and neighbours who may struggle in a heat wave.

Visit www.nhs.uk for more advice





Hayfever

One in five of us gets hay fever at some point in our lives. It usually occurs between early spring and autumn.

Symptoms include a blocked or runny nose, frequent sneezing and red, watery or itchy eyes.

Treatment

Take antihistamines when you first notice symptoms or you know the pollen count will be high. They are available over the counter from your local pharmacy. Use eye drops to treat itchy, red eyes. Your pharmacist can give you further advice.



Insect bites

Use insect repellent to protect yourself from bites, especially when sitting outside on summer evenings or near water.

If you get bitten:

- Wash the area with soap and water and apply antiseptic cream
- Avoid scratching – it could become infected
- Try using one of the many creams or sprays on the market designed to ease the itching or pain.
- Take painkillers such as paracetamol or ibuprofen to relieve any pain.

Note: Seek immediate medical attention if, as a result of an insect bite, you feel dizzy, vomit, find it hard to breathe or your face becomes swollen.



Summer first aid kit

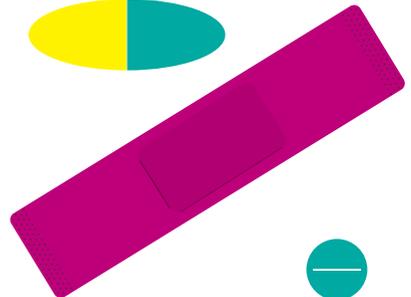
A well stocked first aid kit is important at home and when out and about in the summer.

It may contain:

- a variety of plasters
- sterile gauze dressings
- sterile eye dressings
- different sized bandages
- safety pins
- disposable sterile gloves
- scissors
- alcohol-free cleansing wipes
- medical tape
- thermometer
- skin rash cream, such as hydrocortisone or calendula
- cream or spray to relieve insect bites and stings
- antiseptic cream
- painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- antihistamine tablets
- distilled water for cleaning wounds
- eye wash and eye bath

Keep your first aid kit in a cool, dry place, out of the reach of children.

Medicines should be checked regularly to make sure they are within their use-by dates.



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