

HOLIDAY HEALTH

Summer is here and many of us will be heading for the sun and foreign shores.

It important to stay safe and travel well prepared:-

- Take out good travel insurance, by the time you need it, its to late to start looking... it could save your life.
- Learn about the country you are going to, any religious customs, areas restricted to visitors or considered unsafe.

BE SAFE IN THE SUN

- Take a good sunscreen minimum factor 25.
- How long does it remain waterproof? Aim for at least 3 hours.
- Reapply sunscreen frequently, especially after swimming.
- Avoid exposure between 12 noon and 2pm.
- Wear loose light clothing.
- Take extra care with children.
- Drink plenty of soft drinks.
- Remember a good tan looks great but is the risk of skin cancer worth it?

Drink bottle or boiled water only, avoid ice, caution with ice creams. Caution with too much alcohol.

Wash locally bought produce.

If you develop diarrhoea, avoid Immodium, replace fluids with regular cool drinks or Dioralyte.

Do not touch any animals, how ever friendly! If bitten seek medical treatment immediately. Rabies kills.

Use insect repellent regularly especially if visiting malaria-infected areas.

Ensure you receive correct vaccination information at least 6 weeks prior to travel.

Have a fantastic time and come back ready to face work relaxed and refreshed.