

## Get ready for summer, it is coming!!!



As summer approaches, you may be thinking about long hot sunny days and travelling abroad. However, the last thing you want is to spoil your holiday by getting sick. Just a few simple tips could help you stay healthy while travelling.

### **Do you need vaccinations?**

If you're travelling abroad in a country where serious infectious diseases are found, it's vital to get vaccinated before you travel, leave plenty of time before you travel to ensure you can receive any recommended vaccinations.

Helpful advice can be found at [NaTHNaC - Home \(travelhealthpro.org.uk\)](http://NaTHNaC - Home (travelhealthpro.org.uk))

### **Make sure you take any prescription medicines you may need.**

Take enough to cover your whole trip, and a bit extra in case your flight is delayed, and you need to stay abroad a bit longer. It may be a good idea to take a copy of your prescription with you, as you might need it as you go through customs or airport security.

Taking a small first aid kit with items such as bandages and plasters, anti-diarrhoea tablets and rehydration salts, and painkillers such as paracetamol and ibuprofen is a good idea. Hopefully, you won't need them, but they'll be on hand just in case.

### **Note any emergency phone numbers.**

You never want to go on holiday and spend it in the hospital, but it's worth knowing who to call if you, a loved one, or a travel companion gets sick.



### Wash your hands often.

We all know the importance of washing our hands to reduce the spread of germs. But when you're travelling abroad, it's even more important as you'll come into contact with germs and bacteria that your body may have never encountered before.

## How to stay hydrated

Heat makes you sweat, which cools you down. However, that also means you're losing fluid. Approximately 60% of your body is made up of water so it's important to make sure you're replenishing your losses, especially with increased sweating in the summer. Indicators of dehydration include fatigue; dizziness; light-headedness; dry mouth and/or lips; and infrequent urination, typically fewer than four times a day.



Infants, children, and older people are more at risk of dehydration as they may not monitor fluid intake or recognise when they are thirsty.

Here are some tips on how to stay hydrated:

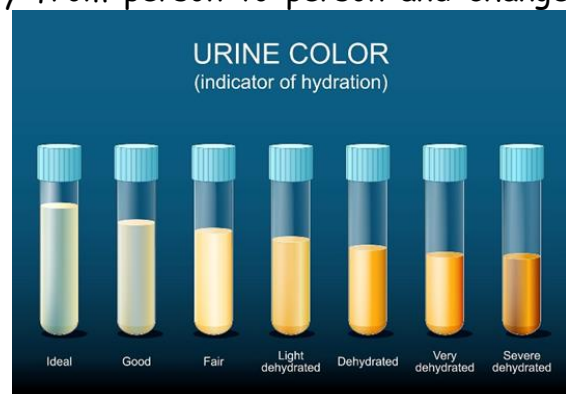
### Sip water throughout the day.

Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. We've all heard the eight-glasses-a-day recommendation, but hydration needs vary from person to person and change depending on heat, humidity, and activity levels.

Use the colour of your urine to guide whether you're hydrated enough.

### Avoid alcohol.

Alcohol is dehydrating, so it's important to have at least one glass of water for every alcoholic beverage consumed.



### Hydrating foods.

Water isn't the only thing that contributes to overall hydration. Foods with high water content such as watermelon and tomatoes and other beverages count too. Juices and ice lollies can replenish fluids as well, but as these choices tend to be high in sugar, they are best consumed in moderation.

### Make water interesting.

To make water more interesting try flavouring water with fresh fruit – lemon, and strawberry are a few options. Always keep a refillable water bottle on hand, especially if you're travelling as its easier to stay hydrated if you're prepared.

## Slip, Slop, Slap, Seek, Slide

### Slip on some clothing.

Most people feel better on a sunny day, even if you are simply enjoying the nice weather in the UK, however we need to keep safe in the sun.

**By protecting your skin from harmful rays it's possible to prevent skin cancer**

Clothing should always be your first line of defence against damage from the sun. Cover as much of the skin as is possible, paying special attention to the shoulders which burn easily. Consider t-shirts and hats even when in the water, especially for children and those who burn easily.

### Slop on the sun cream.



No sunscreen provides absolute protection, so it should be used with the other lines of defence, and not alone. Generously apply sunscreen with SPF30 or more to all areas of skin exposed to the sun. Most people don't use enough; you need to use around 6-8 teaspoons to cover the whole body.

A waterproof sunscreen is better, even if you are not swimming, as it protects you better if you sweat. Apply the sunscreen 20-30 minutes before going outside, and at least every 2 hours. If you swim or sweat a lot, use it more often. Remember using a towel or lying back on a fabric sunbed can rub the sunscreen off.

## Slap on a hat.

A hat with a wide brim is best, as it will shade the head, face, ears, and neck. Baseball caps without a flap do not shade the ears or neck, and so are not as effective.

## Seek some shade.

Keeping cool in the shade is a good way of protecting yourself from the sun, especially if you are very fair skinned. Just a few minutes of strong sunshine is all it takes to burn pale skin. Find some shade whenever possible, but especially in the middle of the day, between 11am and 3pm, when the sun is at its strongest.

**Always keep babies and toddlers in the shade if you can, their skin is much more sensitive than adult skin and one blistering sunburn in childhood or adolescence more than doubles the chances of developing dangerous melanoma skin cancer later in life.**



## Slide on sunglasses.

UV radiation can also damage the eyes, sunglasses with good quality lenses that filter out the UV rays are essential. Always look for a CE, UV 400, or British Standard Mark. Styles that wrap around, and so do not allow sun in at the sides are better.





# Staying safe in hot weather

We want everyone to be able to enjoy the hot weather however, very high temperatures can have significant health consequences for those most at risk, including people over the age of 65 and people with pre-existing health conditions.

Throughout summer, heat health alerts (HHA's) advise when we all need to take a bit more care to stay hydrated and keep cool and importantly to check on older family members, friends, or neighbours and those with heart or lung conditions. For more information and tips on staying safe visit: [Beat the heat](#)

## Water safety advice

Being by water is a great place to spend time with friends, but it's important you know how to keep yourself, and your friends, safe.

### Shocking statistics

#### In the UK in 2022

- 226 water-related accidental fatalities
- 83% of these were male.
- 46% increase in the number of accidental fatalities amongst children

RLSS National Drowning Report UK



We want to help you make safe choices around water so that this doesn't happen to you or your friends. Water may look safe, especially a stretch of water familiar to you.

Being aware of everyday risks in, on and around water and knowing how to behave could save your life. There are no lifeguards along canals and rivers to help you.



Also, if you're on a secluded part of the water, it will take the emergency services much longer to reach you.

- Do you know how deep the water is? It may be quite shallow, and you could easily hit the bottom if you jump from a height.
- Do you know what is in the water? Landing on something that is in the water could really hurt you. Consider that there are diseases and reeds, and plants that can tangle around your limbs, possibly dragging you down.

### **Cold water shock.**

In cold water the body can go into 'cold water shock' where the body reacts by drawing blood away from muscles to protect the organs making it difficult to move limbs.

Cold water will make you gasp uncontrollably and breathe in water. Your heart will beat fast, you'll lose energy quickly, and eventually your muscles will become paralysed.

### **Float to live.**

Instead, float on your back to keep your airways clear, control your breathing and allow the cold-water shock to pass. Then you can call out for help or even swim to safety.

For more advice visit - [Summer Water Safety](#)

## **Wildfire safety advice**



Wildfires are a serious problem, in 2022 the Fire Service attended 120 wildfires across the County and are dealing with more and more fires on moorland and grassland each year, with many sadly being caused by the

actions of people. Climate change increases the risk as some areas are drier and more likely to set alight.

However, there are many ways you can help to avoid wildfires starting.

- Never use disposable barbecues on moorland or grassland - Pack a picnic instead.
- Avoid smoking on moorland. If you do, always extinguish cigarettes and other smoking materials thoroughly. Do not dispose of cigarette butts out of car windows.
- Never leave bottles behind, as sunlight can become focused as it shines through glass, starting fires.
- Keep children away from lighters and matches.

**If you see a wildfire, always report it on 999.  
Don't assume someone already has!**

By following this advice, you can enjoy visiting Lancashire's beautiful moorland without risking causing a costly and potentially deadly wildfire.

For more information visit - [Wildfires - LFRS](#)

## BBQ's/Outdoor Cooking



When the warm weather arrives (not to mention the Euros' and the Olympics) you might fancy a BBQ outside. However, warm weather and outdoor cooking can provide the perfect conditions for bacteria to grow and spread between raw meat and ready to

eat foods along with the risks of undercooked meat.

Bacteria, including Salmonella and E Coli can cause food poisoning which is more than just a 'tummy bug' and can be serious.

Food poisoning can be avoided by following good food hygiene practices, such as

- washing your hands
- cooking meat thoroughly and avoiding cross-contamination.
- don't forget to wash salad items such as lettuce thoroughly too.

For more information visit - [BBQ food safety](#)

## TICKS

Finally, a reminder about Ticks from the Get Ready for Spring newsletter, ticks will be active over the summer months.

Ticks are small, spider-like creatures, usually between 1mm to 1cm long with 6 or 8 legs and are found in many outdoor environments but are particularly common in woodland or grassy areas.



Whilst ticks are most active in Spring and Summer, they can be found all year. Ticks can carry and spread an infection, called Lyme disease, to humans, this is usually identified by a circular or oval red rash which usually develops within a few weeks or can take a few months.

Further advice can be found at [Lyme disease - NHS advice](#)

**For further information and support on health protection practice, please do not hesitate to contact the Lancashire County Council Health Protection Team at the following mailbox address: [healthprotection@lancashire.gov.uk](mailto:healthprotection@lancashire.gov.uk)**

Sources: Adapted from various public health protection and safety materials, contact list available.

