

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- Wear high factor sunscreen - reapply frequently and check it is not out of date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

