

Vantage Pharmacy

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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for June 2021

1. What is sunburn?
2. How can it be treated?
3. What shouldn't you do?
4. When should you see your GP urgently?
5. What is heat exhaustion?
6. What are the signs of heat exhaustion?
7. How do you cool somebody down?
8. How do you prevent heat exhaustion?
9. What is dehydration?
10. What are the symptoms?

SLIP SLAP SLOP



ON A SHIRT



ON A HAT & SUNGLASSES



ON SUNSCREEN

Whether your skin is dark or fair, be UV aware

Answers on the bottom of page two

Possible problems that come with the sun - sunburn, heat exhaustion and dehydration.

As summer draws closer and we can all get out and about with the lockdown finally lifted (for the time being), a reminder of the possible dangers that come with a long hot summer may be in order. If you are lucky enough to get abroad this year to a hot country, you need to be even more aware of the symptoms and how to prevent them.

Sun Burn

This is red hot and sore skin caused by too much sun. To ease sunburn:

- ◆ Get out of the sun as soon as possible
- ◆ Cool your skin with a cool shower or damp towel
- ◆ Apply after sun cream or spray. Lavender essential oil is wonderful for any type of burn

- ◆ Drink plenty of water
- ◆ Take painkillers
- ◆ Cover sunburnt skin from direct sunlight until it is fully healed.

On the other hand, do not:

- ◆ Use petroleum jelly
- ◆ Ice or ice packs
- ◆ Pop any blisters
- ◆ Scratch peeling skin
- ◆ Wear tight fitting clothes

See your GP urgently if:

- ◆ Your skin is blistered or swollen
- ◆ Your temperature is very high or you feel hot and shivery
- ◆ You feel very tired, dizzy and sick
- ◆ You have a headache and muscle cramps
- ◆ Your baby or young child has sunburn

Heat Exhaustion.

Heat exhaustion is not usually serious if you can cool down within 30 minutes but if it turns

into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- ◆ A headache
- ◆ Dizziness and confusion
- ◆ Loss of appetite and feeling sick
- ◆ Cramps in the arms, legs and stomach
- ◆ Fast breathing or pulse
- ◆ A high temperature of 38°C or above
- ◆ Being very thirsty

The symptoms are often the same in adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion they need to be cooled down.

You do this by:

- ◆ Moving them to a cool place
- ◆ Getting them to lie down and raise their feet slightly
- ◆ Get them to drink plenty of water, sports or rehydration drinks are OK
- ◆ Cool their skin - spray or sponge them with cool water and fan them
- ◆ Cold packs around the arm pits are good too

Stay with them until they are better. This should happen within 30 minutes. There is a high risk of heat exhaustion or heatstroke during hot weather or exercise, but it can be prevented by:

- ◆ Drinking plenty of cold drinks, especially when exercising
- ◆ Take cool baths or showers
- ◆ Wear light coloured, loose clothing
- ◆ Sprinkle water over skin or clothes
- ◆ Avoid the sun between 11 am and 3pm
- ◆ Avoid excess alcohol
- ◆ Avoid extreme exercise

Keep an eye on children, the elderly and people with long

term health conditions, like diabetes or heart problems, because they are more at risk of heat exhaustion or heat stroke.

Dehydration

Dehydration means your body loses more fluid than you take in. If it's not treated, it can get worse and become a serious problem. Babies, children and the elderly are at more risk of dehydration.

The symptoms include:

- ◆ Feeling thirsty
- ◆ Dark yellow and strong-smelling pee
- ◆ Feeling dizzy or lightheaded
- ◆ Feeling tired
- ◆ A dry mouth, lips and eyes
- ◆ Peeing little and fewer than four times a day

Dehydration can happen more easily if you have diabetes, vomiting or diarrhoea, been in the sun too long, drunk too much alcohol, sweated too much after exercise, have a high temperature of 38°C or more or been taking medicines that make you pee more.

You can reduce the risk of dehydration by drinking fluids when you feel any dehydration symptoms. If you find it hard to drink because you feel sick or have been sick, start with small sips and then gradually drink more.

You can use a spoon to make it easier for your child to swallow fluids. You should drink enough during the day, so your pee is a pale yellow colour.



If you would like more information about this or any other health related subject, speak to a member of our trained team.

**Protect your skin...
Wear sunscreen & stay safe!**

Answers: Q1, This is red, hot and sore skin caused by too much sun. Q2, Get out of the sun, have a cool shower, apply after sun, drink plenty of water, take painkillers, stay out of the sun. Q3, Don't use petroleum jelly, put ice on it, pop any blisters, don't scratch or wear tight fitting clothes. Q4, If your skin is blistered, your temperature is very high, you feel very tired, dizzy or sick, have a headache and muscle cramps, your baby or child has sunburn. Q5, This happens when your body overheats and is not usually serious if you can cool down within 30 minutes. Q6, Headache, dizziness and confusion, loss of appetite and feeling sick, excessive sweating, cramps, temperature above 38°C, very thirsty. Q7, Move them to a cool place, get them to lie down and raise their legs, get plenty of water, cool their skin, stay with them till they are better. Q8, Drink plenty of cold drinks, take cool baths, wear light coloured, loose clothing, sprinkle water over your body or clothes, avoid the sun between 11 am and 3pm, excess alcohol and extreme exercise. Q9, This happens when your body loses more fluids than you take in. Q10, Feeling thirsty, dark yellow pee, feeling tired and dizzy, dry mouth, lips and eyes, feeling fewer than 4 times a day.