



NEWSLETTER - JULY 2020

WWW.ARGYLLEMERGENCYTRAINING.CO.UK

email: **argyllemergencytraining@gmail.com**

COVID-19 UPDATE

The social distancing requirements in respect of the Covid-19 pandemic mean that at present we are unable to safely recommence face to face training courses. We hope that this situation will improve over the coming weeks but rest assured we will always put the safety of our students and instructors first. This means that when we do restart training the format of the courses may have to change somewhat, there will be some control of infection procedures to follow and we may be limited to teaching in smaller numbers than normal. If your first aid certificate is due for renewal before the end of September 2020 (or has already expired) please feel free to contact us now. We will aim to prioritise the first courses for those who are needing certificate renewal.

ONLINE TRAINING

Last month we launched our suite of Online Training courses. Im pleased to say they have been well received. This month we have increased the number of Health & Social Care courses available.

Why not take a look at the wide range of courses available covering Health & Safety, Health & Social Care, and Business Skills subjects. Popular subjects include **FOOD SAFETY**, **FIRE SAFETY**, **MANUAL HANDLING**, **MENTAL HEALTH AWARENESS**, **DRUG & ALCOHOL AWARENESS** ... and many, many more.

AND you can ***TRY ANY OF THE COURSES FREE OF CHARGE*** ...just visit our online learning webpage and follow the link.

<https://argyllemergencytraining.co.uk/e-learning-courses>

AN UNWANTED LUNCH GUEST!

What are Clegs (Horseflies)?

The recent warm weather has brought about an increase in Cleg bites so I thought I'd take this opportunity to give you some tips to help if you or your children get bitten. Clegs (also known as Horseflies) are large, dark-coloured flies which are around 1cm-2.5cm in size. They're generally found near to cattle, horse stables, ponds, pools, woodlands, and grassy areas.



Only females bite because they need blood to produce eggs. They have tiny razor teeth which cut into the skin, then they release an anti-coagulant to stop the blood from clotting while they enjoy their meal.

Cleg Bites

Humans find Cleg bites painful. Usually, a weal (raised area of skin) occurs around the site, and other symptoms may include **urticaria** (a rash), dizziness, weakness, wheezing, and **angioedema** (a temporary itchy, pink or red swelling occurring around the eyes or lips); a few people experience an allergic reaction. The site of the bite should be washed, and a cold compress applied. Scratching the wound should be avoided and an **antihistamine** cream can be applied.

Drawing round the bite

After being bitten I would always advise to draw round the outside of the wound with a



biro and keep an eye on it, if the redness extends past the biro line within 24hrs then this could mean your bite is tracking! this could be a sign of infection.

Seeking Help

In most cases, the symptoms subside within a few hours, but if the wound becomes infected, or your symptoms don't start to improve within a few days or are getting worse and if you've been stung or bitten in your mouth or throat, or near your eyes you should seek advice from you GP STRAIGHT AWAY

How will i know if its infected?

Contact your GP or call NHS 111 for advice if: you're worried about a bite or

- a large area (around 10cm or more) around the bite becomes red and swollen
- you have symptoms of a wound infection, such as pus or increasing pain, swelling or redness
- you have symptoms of a more widespread infection, such as a fever, swollen glands and other flu-like symptoms



Treatment

- Wash the affected area with soap and water.
- Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice pack to any swelling for at least 10 minutes.

- Raise or elevate the affected area if possible, as this can help reduce swelling.
- Avoid scratching the area, to reduce the risk of infection.
- Avoid traditional home remedies, such as vinegar and bicarbonate of soda, as they're unlikely to help.

The pain, swelling and itchiness can sometimes last a few days. over-the-counter treatments can help, such paracetamol, calpol or ibuprofen (Do NOT give Aspirin to Children under 16) for the pain and swelling. An antihistamine cream can help with swelling and localised pain.

Dont forget to follow our Facebook Page

<https://www.facebook.com/pg/Argyll-Emergency-Training-111708506947811/>

TAKE CARE & STAY SAFE EVERYONE!