

Stay well over summer

The background of the upper section is orange and features several stylized white illustrations: a sun with rays on the right, a glass of water below it, a bee in the center, and a dandelion on the left.

Find out how you can prepare yourself for all that the British summer could send your way

HELP US TO
HELP YOU

Buying your own medicines
helps your local NHS



Do you have sunburn that needs treatment?

What can I do to help to prevent sunburn?

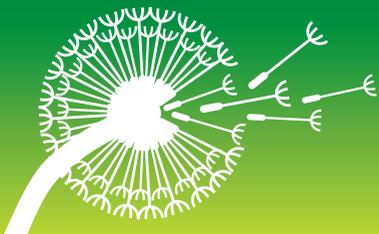
- Regularly apply and re-apply a high factor sun protection cream every few hours.
- Re-apply sun protection cream after swimming or exposure to water.
- Avoid exposure to the midday heat when temperatures are at the highest.
- Wear suitable clothing to provide sun protection e.g. T-shirts, hats etc.

Treatments available to buy over-the-counter include after sun creams and calamine lotion. These can be bought from a community pharmacy and some supermarkets.

Always read the information leaflet.

WHEN SHOULD I SEE A GP?

If the skin is broken or inflamed and over-the-counter treatments are not easing the symptoms.



Do you have mild to moderate hayfever that needs treatment?

Things you can do to ease your symptoms when the pollen count is high

- Put vaseline around your nostrils and wear wraparound sunglasses to stop pollen getting into your nose and eyes.
- Shower and change your clothes after you've been outside to wash pollen off.
- Stay indoors whenever possible and keep windows and doors shut as much as possible.
- Vacuum regularly and dust with a damp cloth.

Treatments available to buy over-the-counter include antihistamine tablets or liquids, steroid nasal sprays, and sodium cromoglicate eye drops. These can be bought from a community pharmacy and some supermarkets. Always read the information leaflet provided with any medicines before you take or apply them.

WHEN SHOULD I SEE A GP?

- If you are experiencing wheezing, breathlessness, or tightness in your chest.
- If you are pregnant or breastfeeding.
- If your symptoms are not relieved by over-the-counter treatments in combination with measures to reduce your exposure to pollen.



Do you have an insect bite or sting

Are you worried about insect bites and stings? Here's what you can do

To prevent being bitten you should:

- **Remain calm and move away slowly if you encounter wasps, hornets or bees.**
- **Cover exposed skin by wearing long sleeves and trousers and wearing shoes when outdoors.**
- **Apply insect repellent to exposed skin - repellents that contain 50% DEET (diethyltoluamide) are most effective.**

You may need to take extra precautions if you're travelling to part of the world where there's a risk of serious illnesses. For example to help prevent malaria.

To treat an insect bite or sting:

- **Remove the sting if it's still in the skin then wash the affected area with soap and water.**
- **Apply a cold compress or an ice pack to any swelling for at least 10 minutes.**
- **Avoid scratching the area, to reduce the risk of infection.**

Treatments available to buy over-the-counter include antihistamine creams or soothing creams or gels. Always read the information leaflet provided with any medicines before you take or apply them.

that needs treatment?

WHEN SHOULD I SEE A GP?

- You have symptoms of a wound infection, such as pus or increasing pain, swelling or redness.
- Your symptoms don't start to improve within a few days or are getting worse.
- You've been stung or bitten in your mouth or throat, or near your eyes.

Extra precautions when travelling abroad

The risk of becoming seriously ill from an insect bite or sting in the UK is small, but in some parts of the world insects can carry serious diseases such as malaria and you need to be extra careful. It can help to:

- **Find out what the risks are where you intend to travel – use the country guide on NHS Fit for Travel www.fitfortravel.nhs.uk.**
- **Check if you need any vaccinations before travelling – vaccines can prevent some illnesses spread by insects, such as yellow fever. Check NHS Fit for Travel (www.fitfortravel.nhs.uk) for advice about specific destinations.**
- **Speak to your GP about any extra precautions and medication you might need to take – for example, if you're visiting an area where there's a risk of malaria, you may be advised to bring a mosquito net and take antimalarial tablets to avoid malaria.**



Keep hydrated for free!

One of the easiest things you can do to keep well this summer is also available for free! Drinking plenty of water (usually around 6-8 glasses a day or two litres), will keep you hydrated.

Signs of dehydration

- **Thirst**
- **Muscle cramps**
- **Dry mouth**
- **Impaired memory and concentration**
- **Constipation**
- **Fatigue**
- **Dizziness**



TIP

Keep a water bottle handy at all times and get it refilled for free. Rather than throw it away a number of NHS and Leeds City Council buildings, as well as local businesses, may be able to refill your bottle with tap water. Just keep an eye out for posters advertising this.

Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

If your pharmacy isn't open remember to...

TALK BEFORE
YOU **WALK**

CALL NHS 111

When you need medical help but it's not an emergency, we always recommend you call NHS 111.

Where appropriate, a fully trained advisor will assess your symptoms, decide what medical help you need and advise where you need to go.

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Alternative formats available on request please contact us on **0113 84 35470** or email **Leedscg.comms@nhs.net**

**HELP US TO
HELP YOU**

Remember you can see your pharmacist for all these conditions and buy treatments over-the-counter. Or why not get them with your next weekly shop?