



## Sprains & strains

A high number of young children in Essex are treated in an accident and emergency department for playground and outdoor related injuries. Most sprains and strains can be treated at home with self-care techniques using PRICE therapy or paracetamol.

**Protect:** protect the affected area from further injury

**Rest:** avoid exercise and reduce your daily activity.

**Ice:** apply an ice pack to the affected area for 15 min every two to three hours.

**Compression:** use elastic compression bandages during the day to limit swelling

**Elevation:** keep the injury body part above the level of your heart whenever possible.

A community pharmacist can also offer self-care advice.



## Bugs & bites

Most insect bites and stings are not serious and will get better within a few hours or days. If you are worried about a bite or sting, then seek advice from your community pharmacist, GP or call NHS 111.

There is lots of help and advice on the NHS website [www.nhs.uk](http://www.nhs.uk) and you can also buy creams for itching and antihistamine tablets from your pharmacy to have at home in case you need them.



# stay well this summer



For more information go to  
[www.livewellcampaign.co.uk/  
summer](http://www.livewellcampaign.co.uk/summer)

## **Heatstroke & dehydration**

Dehydration can be a serious heat-related disease that can lead to a heat stroke and fainting. A combination of over exposure to the sun and not drinking enough water can cause the body's cooling system to fail. Older people, young children and those with long term conditions are at greater risk of heat-related signs.

### **Top tips**

- frequently offer an older person a drink, preferably on a schedule
- morning and evening are best for outdoor activities
- wear loose, light-coloured clothing, a hat and sunglasses
- seek medical attention right away if someone has signs of heat-related illness

For those reluctant to drink water why not try homemade ice lollies made with watered down fruit juice or squash - or add fruit to bottles of water.



## **Sunburn**

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Apply sunscreen 15 to 30 minutes before going out in the sun to allow it to dry. More is better and remember to reapply at least every two hours, and immediately after swimming or sweating, or if it has rubbed off for example by towel drying.

As a general guide adults should aim to apply around two teaspoons of sunscreen if you're just covering your head, arms and neck or two tablespoons if you are covering your entire body while wearing a swimming costume.

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years.

## **Food poisoning**

Food-borne illnesses such as food poisoning peaks in the summer months since hot temperatures and humid conditions provide the optimum breeding ground for bacteria to multiply. Be sure to wash your hands before handling any food.

Be BBQ safe and ensure you handle food correctly and avoid cross contamination between raw and cooked food. Make sure perishable food is kept cool and food is not kept out longer than two hours at room temperature.

