Summer Newsletter – July 2024

**Summer safety**

We are reaching the warmer months and whilst most enjoy the sunshine when it arrives it’s important to remember the risks and to keep safe and healthy during the hotter periods. Spending time in the sun both abroad and in England can increase the risk of sunburn, heatstroke, and dehydration.

Remember to use a high factor suncream regularly re-applied to avoid burning, try not to expose your skin to direct sunlight during the hottest parts of the day. Use a hat or sun-brolly to keep the direct sun off you.

Keep windows open to encourage a cool air/breeze within your home or use a fan if you have one. Have regular cool drinks to stay hydrated and avoid drinks that can lead to dehydration for example alcohol and caffeine.

**Travel vaccinations!**

With the school holidays beginning some of you may be lucky enough to be jetting off to exotic countries around the world. Don’t forget to do your research, do you require travel vaccinations? Some countries which do require vaccines include Mexico, Dominican and the Caribbean

Contact the practice for a telephone consultation first to find out which vaccines you require, please ensure you give yourself plenty of time 8+weeks to ensure we can get the vaccines in on time and an appointment to give them can be arranged in time for them to be in your system for travelling.

Please be aware only some vaccines are available via the NHS others such as Yellow Fever, Rabies and TB would have to be paid for and given privately.

**Medications for extended holiday periods**

Please be aware if you are planning a holiday for a longer period (over 4 weeks) you’ll be required to take extra medication to cover this timescale. Usually, we only give medications for a 28-day period. If you will be abroad for longer and know you will run out of medication whilst away, please contact the practice with details of when you leave and arrive back to ensure a plan is in place for medications.

Please be aware we cannot issue anymore than 3 months!