

✓ Be safe this season



Summer

weather

June 21 7.00am

27°C



This booklet provides information to help you plan ahead and prepare for a safe and healthy Summer.



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Be safe in the sun



Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden.

Sun protection is something you need to be aware of every day in the summer. Whether on holiday or at home, you can protect yourself by following the SunSmart messages



-  Spend time in the shade between 11am and 3pm
-  Make sure you never burn
-  Aim to cover up with a T-shirt, hat and sunglasses
-  Remember to take extra care with children
-  Use factor 15+ sunscreen
-  Report mole changes or unusual skin growths to your GP.
-  Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

Heatwave: Be prepared

Most of us welcome hot weather, but when it's too hot for too long there are health risks. If a heatwave hits this summer, make sure the hot weather doesn't harm you or anyone you know.

An average temperature of 30°C by day and 15°C overnight would trigger a health alert (this figure varies slightly around the UK). These temperatures can have a significant effect on people's health if they last for at least two days and the night in between.

The main risks posed by a heatwave are:

- Dehydration (not having enough water)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion
- Heatstroke



10 tips for coping in hot weather

1. Don't spend long periods sitting or working outside during the hottest time of the day: late morning to mid-afternoon
2. If you're travelling by car or public transport always take a bottle of water
3. Avoid strenuous activity, and limit activities like housework and gardening to the early morning or evening when it's cooler
4. When inside, try to stay in the coolest parts of your home. Keep curtains and blinds closed in rooms that catch the sun
5. Keep windows shut while it's cooler inside than out and open them when it gets hotter inside. If it's safe, you could leave a window open at night when it's cooler
6. Wear loose, lightweight, light-coloured, cotton clothing
7. Take cool baths or showers
8. Splash your face with cool (not very cold) water, or place a damp cloth on the back of your neck to help you cool off
9. Drink lots of fluid - even if you aren't thirsty
10. Eat normally - even if you aren't hungry, you need a normal diet to replace salt losses from sweating. In addition, try to have more cold foods, particularly salads and fruit, as these contain a lot of water

Dehydration and Overheating



Extreme heat and dry conditions can cause you to dehydrate and your body to overheat.

It's important to eat a balanced diet to help your body replace any salt you lose by sweating. Aim to drink 6 - 8 glasses of liquid a day, and more if it's hot.

You may also need to be careful if you're taking some types of medication that affect water retention. Speak to your GP if you're concerned. Watch out for certain signs - particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

If you are worried about the safety or well-being of an adult at risk or older person please contact Social Care Direct. They will deal with your concerns and offer advice and support about what to do.

You can contact Social Care Direct by

Telephone: 0345 8 503 503

Minicom: 01924 303450 (type talk welcome)

Fax: 01924 303455

Email: social_care_direct@wakefield.gov.uk

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Heat Exhaustion and Heatstroke



Heat Exhaustion

The symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, pale skin, heavy sweating and a raised temperature.

If you have any of these symptoms you must, if at all possible:

- Find a cool place and loosen tight clothes
 - Drink plenty of water or fruit juice
 - Sponge yourself with cool water or have a cool shower.
- If you're having difficulties or if your symptoms persist, call your GP or NHS 111 for advice.



Heatstroke

Heatstroke can develop if heat exhaustion is left untreated - it can also develop suddenly and without warning.

The symptoms of heatstroke include hot and red skin, headaches, nausea, intense thirst, a high temperature, confusion, aggression and loss of consciousness.

Heatstroke is a life-threatening condition. If you or someone else shows symptoms:

- Call 999 immediately, or 112 if you are in the European Union (you can call 112 from a mobile for free)
- If you have a community alarm, press the button on your pendant to call for help
- While waiting for the ambulance, follow the advice given for heat exhaustion but do not try to give fluids to anyone who is unconscious

Hayfever



Hayfever affects around one in four people in the UK. Here are some tips on avoiding the causes and reducing your symptoms.

Don't mow your lawn	- ideally, if grass makes you sneeze, ask someone else to mow your lawn when the pollen count is high.
Create a barrier	- smear a nasal barrier balm inside your nostrils, or use a drug-free nasal spray or dab of petroleum jelly (such as Vaseline) to prevent pollen sticking to the lining of your nose.
Time it right	- if possible, avoid outside activity when the air is warming up and cooling down as pollen count is highest at these times, around 8-10am and 5-7pm.
Shut the windows	- don't drive with the windows open, as this will allow pollen to come in. Open bedroom windows at night, but close them when you get up in the morning.
Damp dust regularly	- dusting with a damp or microfibre cloth will collect dust and stop any pollen from becoming airborne.
Wash your hair	- pollen is sticky and may be in your hair. It can then transfer to your pillow and affect you during the night.
Vacuum	- pollen can live in carpet, so make sure you vacuum regularly.
Think about your medication	- talk to your GP or pharmacist about your hay fever, if your symptoms are not controlled by your current treatment.
Start treatment early	- most people wait until symptoms start before they begin treatment, but the nasal spray needs to be started at least two weeks before symptoms appear, so that the medication is already in your system when pollen triggers your hay fever. Take your antihistamine as soon as your symptoms start.

Barbecue Food Safety

It's important to cook food thoroughly at a barbecue to avoid food poisoning. Food poisoning is usually mild, and most people get better within a week. But sometimes it can be more severe, even deadly, so it's important to take the risks seriously. Children, older people and those with weakened immune systems are particularly vulnerable to food poisoning.

Food poisoning cases double over the summer, so remember these simple steps to help keep food safe.

If you are only cooking on the barbecue, the two main risk factors are:

- Undercooked meat
- Spreading germs from raw meat onto food that's ready to eat

This is because raw or undercooked meat can contain germs that cause food poisoning, such as salmonella, E.coli and campylobacter. However, these germs can be killed by cooking meat until it is piping hot throughout.

Cooking meat on a barbecue

When you're cooking any kind of meat on a barbecue, such as poultry (chicken or turkey), pork, steak, burgers or sausages, make sure:

- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough
- Frozen meat is properly thawed before you cook it
- You turn the meat regularly and move it around the barbecue to cook it evenly
- Use separate utensils for raw and cooked foods
- Wash hands between handling raw and cooked foods and salads

Remember that meat is safe to eat only when:

- It is piping hot in the centre
- There is no pink meat visible
- Any juices are clear



Is A&E for me?

Choose the right sort of care for your symptoms - and help others who don't know what to do. This can help you get the right care, get better faster and reduce needless visits to busy A&E departments.

Your local healthcare options include, self care, 111 helpline, Pharmacist, GP, Walk-in-centre, A&E or 999. See the table below to find out what's right for your symptoms:

Unexpected Sickness
Severe pain
Worsening health conditions

Call 111

For accidents and unexpected health problems call 111. A free to call number available 24 hours a day, 365 days a year.

When & why?

111 is a free number to call and is a fast and easy way for people to get the right help. Whatever their health needs and whatever the time of day or night.

Hangover
Grazed knee
Sore throat

Self care

A lot of illnesses can be treated at home by keeping a well-stocked medicine cabinet and by getting plenty of rest. For further information visit **NHS choices**.

When & why?

Self care is the best way to treat very minor illnesses and injuries. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.

Diarrhoea
Runny nose
Painful cough
Headache

Pharmacist (chemist)

Your pharmacist is a highly trained healthcare professional and can give you advice on common illnesses and the medicines you need to treat them. Most now have a quiet area away from other customers where you can speak to the pharmacist more privately.

When & why?

Visit your pharmacy when you are suffering from a common health problem which does not require being seen by a nurse or doctor. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.

Cuts
Stomach ache
Back ache

GP (Doctor)

Most GPs have some early morning, later evening or Saturday openings. Check with your local practice for up to date opening times.

When & why?

Make an appointment with your GP when you have an illness or injury that will not go away. Out-of-hours medical assessment is also available. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.

Cuts
Strains
Rashes
Sprains

NHS Walk-in Centre

The walk in centre on King Street in Wakefield is open 8am to 8pm seven days a week. No appointment necessary.

When & why?

Illnesses and injuries that give more cause for concern such as cuts, sprains, strains and rashes can be treated at the walk in centre.