

FEEL WELL THIS SUMMER

1

In hot summer weather, get plenty of shade, especially between 11am and 3pm. Wear a hat and light clothing to cover up, and sunscreen of at least Factor 15. It is important to avoid burning, but spending short periods of time in the sun without sunscreen helps our bodies create Vitamin D which is important for healthy bones, teeth and muscles.

2

Avoid strenuous activity and remember to drink plenty of water and avoid excess alcohol, caffeine and hot drinks.

3

Ensure **food is not left out** in warmer weather, and that it is **cooked thoroughly** at a barbecue to avoid food poisoning.

4

If you're planning to travel outside the UK, **seek travel advice** at www.travelhealthpro.org.uk/country-information. You may also need to be **vaccinated** against infections you may come into contact with while travelling.

5

Be a good neighbour and look after those who may need a helping hand in hot weather, such as the very old, the very young and people with chronic conditions.

6

Choose Well and use the correct health service, at the right time.