

FEEL WELL THIS SUMMER

1

In hot summer weather **stay out of the sun**, particularly between 11am and 3pm, wear a **hat** and light clothing to cover up, and use **sunscreen** of at least Factor 15.

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.

STAY WELL

Hundreds of people spend hours at Accident and Emergency departments each week for minor illnesses and ailments when other services would have been more appropriate.

Did you know there are a range of NHS services on your doorstep?

Self Care

NHS 111

Pharmacy

GP

**Walk-in and
Urgent Care Centres**

A&E and 999 services are for life-threatening and emergency conditions only.

Accident and Emergency

Visit www.nhs.uk or call **111** for advice on which local health service can best offer the care you need.