

Self Care Newsletter

Summer 2018



Upton Surgery



Tips for coping in hot weather

Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.

Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.

Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).

Have cool baths or showers, and splash yourself with cool water.

Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.

Listen to alerts on the radio, TV and social media about keeping cool.

Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.

Identify the coolest room in the house so you know where to go to keep cool.

Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.

Check up on friends, relatives and neighbours who may be less able to look after themselves.

You can also get help from the environmental health office at your local authority. They can inspect a home for hazards to health, including excess heat. Visit GOV.UK to find your local authority.

A Pharmacist can help with Hayfever

As hayfever season is here, a gentle reminder that medications that can be purchased over the counter can no longer be prescribed, This includes antihistamines and nasal sprays. Speak to your local community pharmacist if you have hayfever as they can give you advice and suggest the best treatments.

Below is a list of products that are available at your local pharmacy:

Cetirizine 10mg tablets

Loratadine 10mg tablets

Acrivastaine capsules

Beclomethasone Nasal Spray

Fluticasone Nasal Spray

Sodium Cromoglycate Eye Drops



Norovirus is sweeping the Country!

NHS Choices says to avoid going to your GP if you show symptoms of norovirus as it can easily spread and can be treated from home.

If you experience sudden diarrhoea and vomiting, the best thing to do is to stay at home until you're feeling better. There's no cure for norovirus, so you have to let it run its course.

You don't usually need to get medical advice unless there's a risk of a more serious problem.

To help ease your own or your child's symptoms:

Drink plenty of fluids to avoid dehydration . You need to drink more than usual to replace the fluids lost from vomiting and diarrhoea – as well as water, adults could also try fruit juice and soup. Avoid giving fizzy drinks or fruit juice to children as it can make their diarrhoea worse. Babies should continue to feed as usual, either with breast milk or other milk feeds.

Take paracetamol for any fever or aches and pains.

Get plenty of rest.

If you feel like eating, **eat plain foods such as soup, rice, pasta and bread.**

Use special rehydration drinks made from sachets bought from pharmacies if you have signs of dehydration, such as a dry mouth or dark urine.

Adults can take anti-diarrhoeal and anti-emetic (anti-vomiting) medication – these aren't suitable for everyone though, so you should check the medicine leaflet or ask your pharmacist or GP for advice before trying them.

Babies and young children, especially if they're less than a year old, have a greater risk of becoming dehydrated.

Norovirus can spread very easily, so you should wash your hands regularly while you're ill and stay off work or school until **at least 48 hours after the symptoms have cleared** to reduce the risk of passing it on.

You don't normally need to see your GP if you think you or your child has norovirus, as there's no specific treatment for it. Antibiotics won't help because it's caused by a virus.

Visiting your GP surgery with norovirus can put others at risk, so it's best to call your GP or NHS 111 if you're concerned or feel you need advice.

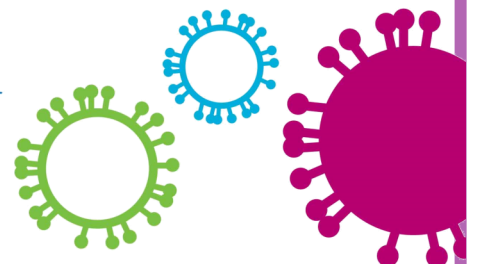
Stop the spread of Norovirus



Norovirus is one of the most common causes of highly infectious sickness and diarrhoea (gastroenteritis). It can spread very quickly in schools, hospitals and care homes. Don't give Norovirus a chance.

Recognise it

Sudden onset of diarrhoea and/or vomiting that lasts approximately 24 hours.



Avoid it

Wash hands regularly with soap and water - do not rely on hand gel. Increase cleaning, especially toilets and touch points such as taps and door handles.

Contain it

Do not visit hospitals or your GP if you have symptoms - call **NHS 111** or call your GP for advice. Drink plenty of fluids to avoid dehydration.



Stop it

Stay at home for at least 48 hours after symptoms of Norovirus have stopped to reduce the risk of passing the virus to others.