

# Treating those common summer ailments



It's time for holidays, barbecues, festivals, beach and all the fun that the summer has to offer. Just a few tips on treating some of the more common ailments at this time of the year:

## **Insect bites & stings:**

- Wash the affected area with soap and water
- Use a cold compress (a flannel or cloth soaked in cold water) to reduce swelling
- Visit your local pharmacist for antihistamine
- Avoid scratching to avoid infection. If the area is swollen or painful, take painkillers, such as paracetamol or ibuprofen

**Hay fever** is a common allergic condition that affects 1 in 5 people. Symptoms include sneezing, runny nose and itchy eyes and are caused by an allergic reaction to pollen (found in plants, trees, grass, weeds). There is no cure, but antihistamines (from your local pharmacist, over-the-counter) can be used to relieve symptoms. If symptoms are more troublesome talk to your doctor in case you need prescription medication.

## **Sun Burn:**

- Stay in the shade during the hottest part of the day
- Keep covered up and wear a hat
- Wear high factor sunscreen
- Don't forget your sunglasses!
- If you do get burnt, have a cool shower or bath and apply good quality after-sun. If you are seriously burnt seek medical attention

## **Dehydration**

Drink plenty of water, fruit juices or ice pops and avoid too much alcohol!

