

Dear holidaymaker,

We want you to have an enjoyable holiday whilst you're here and have put together some top health tips to help you do so.

In the unlikely event that you require urgent medical advice and support we have also included a list of different ways to get treatment.

We hope you find this useful – enjoy your stay!



Sun protection

- Stay 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.
- Reapply after swimming.

Out and about

- Have an agreed meeting point in case members of your group get separated.
- Charge your mobile phone and put an emergency contact telephone number in under 'ICE' = In Case of Emergency.

Food safety

- In warm weather don't leave food out of the fridge for more than a couple of hours and keep shaded.
- When BBQing make sure meat is piping hot, not pink in the middle and juices run clear.

Keeping cool

- Stay hydrated by drinking cold drinks regularly, such as water and fruit juice.
- Avoid excess alcohol, caffeine and hot drinks.
- Never leave any persons, especially infants or young children, or animals in a closed, parked vehicle.

Allergies

- Don't sit outside between 4pm and 7pm or in the early morning, as the pollen count is highest at these times.
- Wear wrap around sunglasses to protect eyes from pollen.



Safer sex

- Condoms are the only form of contraception that protect against sexually transmitted infections.
- Emergency contraception such as the morning after pill can be purchased at local pharmacies.

Hand hygiene

- Don't forget to pack antibacterial wipes or hand gel for use outdoors.
- Remember to 'Catch It, Bin It, Kill It' to prevent the spread of germs.

Where to go in Bournemouth and Poole for medical advice and support



NHS Direct

Confidential advice 24 hours a day

Tel: **0845 46 47** (call charges apply) Website: **www.nhsdirect.uk**



Pharmacy

Some pharmacies offer late night opening

To find your nearest pharmacist, visit **www.nhs.uk** or call NHS Direct on **0845 46 47**



GP

You can register as a temporary resident to be seen by a GP in the area.

To find the nearest surgery visit **www.nhs.uk**

If you need a GP when the surgery is closed, call out-of-hours GP on **0845 600 1013**



Dentist

For help finding an NHS dentist call **01202 854443**

For dental advice out of hours call **0845 7010401**



Emergency Departments - Bournemouth and Poole Hospitals

In a real emergency don't delay – call **999** for an ambulance

The Royal Bournemouth Hospital: Castle Lane East, Bournemouth, Dorset BH7 7DW

Poole Hospital: Longfleet Road, Poole, Dorset BH15 2JB

If your child is severely unwell you should go to Poole Hospital's Emergency Department or dial **999**.

