

Health tips for a safe summer in north east Essex

Please follow this guidance to help you get the right care quickly if you feel ill or need urgent or emergency treatment.



NHS 111 can help if you have an urgent medical problem and you're not sure what to do:

- Go to nhs.uk (for people requiring treatment aged 5 and over only)
- Call 111 if you do not have access to the internet
- NHS 111 is available 24 hours a day, 7 days a week
- If you're deaf and want to phone 111, you can use the NHS 111 British Sign Language service: <https://signvideo.co.uk/nhs111/> or call 18001 111 on a textphone

Local pharmacies can help with a number of minor ailments such as: eye irritation, hay fever, tummy troubles, aches and pains, constipation, diarrhoea, insect bites and stings, sunburn, blisters, minor cuts and grazes, coughs, colds and sore throats.

You can find your nearest pharmacy by searching for **Find a pharmacy** online and clicking on the NHS link.



Remember to use suncream with an SPF of at least 30 and to reapply it throughout the day. Try to keep out of the sun between 11am-3pm, which is the hottest part of the day and when the sun's UV rays are at their strongest.

Keep any prescription medication you might need with you when you're out and about.

It's important for everyone to drink plenty of fluids in hot weather. However, older people can be particularly at risk if they don't drink enough.

Dehydration in older people can cause dizziness, confusion and light headedness and is a major cause of falls and fractures.

Older people can often experience a reduced sensation of thirst, meaning they don't realise they need a drink.

Everyone is advised to drink six to eight cups of fluid each day, which includes tea, coffee, fruit juice and water.

Respect the water

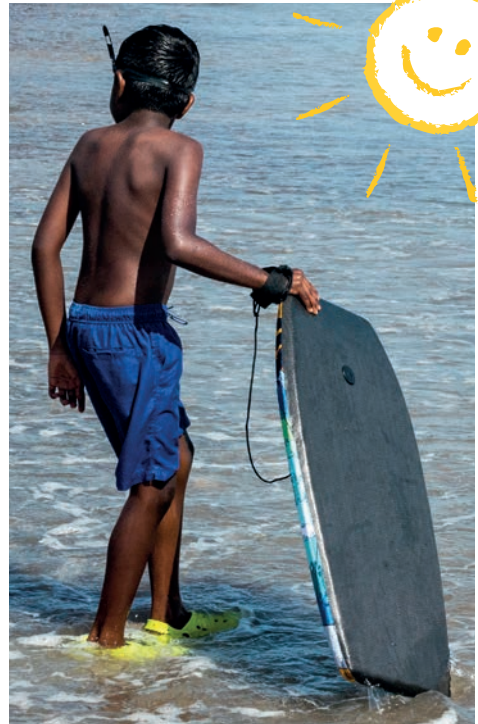
Beach Patrol stations in Clacton, Dovercourt, Frinton, Walton, Harwich and Brightlingsea can give first aid. They can also provide wristbands for children, help to find a missing child and give you water safety advice.

Mersea Beach Lifeguards run patrols and offer first aid at West Mersea Beach in Victoria Esplanade when there is a high tide between 11am and 4pm on Sundays and Bank Holiday Mondays from the start of May to the end of October. Look out for the red and yellow flag.

The Coastguard can be called via 999 if someone is in difficulty in the sea.

Please be aware of strong currents in the North Sea and always closely supervise children and weak swimmers.

Never leave children unsupervised around swimming pools and ponds.



999 and **A&E** are emergency services and should only be used for serious injuries and life-threatening emergencies. Please help others and don't call 999 or visit A&E unless it really is necessary.

This means that people who need emergency care can get it as quickly as possible.

For more information on keeping well this summer, please visit Suffolk and North East Essex Wellbeing Support Services

<https://sneewellbeing.org.uk/summer/>