

more of an issue. There are several ways you can help to reduce its impact



block of 4 hours during the local night (anchor sleep) helps you adapt to the new time zone

- ◆ Top up on sleep before you travel
- ◆ Go to bed earlier if you are travelling east or later if it is west before you go
- ◆ Have a stopover on the way so you can adjust to the changing time zones
- ◆ Keep hydrated as you are travelling
- ◆ Try to sleep during the flight
- ◆ Once you arrive get as much sleep in 24 hours as you would normally. A minimum

- ◆ The cycle of light and dark is important in setting the body's internal clock so going outside will help you adapt
- ◆ For trips of less than 3-4 days it is probably easier to stay on "home time" so eating and sleeping at the times you would at home

For more information on any of these topics ask about our travel clinic

Answers: Q1, 60 Million. Q2, NATHNAC's interactive world map. Q3, Antiseptic, Sunscreen, After Sun Lotion, Insect Repellent, Condoms, Antihistamines, Anti-Diarrhoea Pills, Rehydration Sachets, First Aid Kit. Q4, 2,600. Q5, Spend time 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 of the children, Then use factor 15 or more sunscreen. Q6, Set your watch to your destination time as you get on the plane, eat and sleep at the appropriate times for your destination, stay well hydrated, change your sleep routine before you travel. Q7, European Health Insurance Card. Q8, No. Q9, 20-60%. Q10, Don't drink tap water, avoid salads, open buffets which are exposed to flies, raw or undercooked shellfish and seafood, food from street traders unless it is thoroughly cooked and served hot

Loves Farm Pharmacy

5 Kester Way, Loves Farm, St Neots,
Cambridgeshire, PE19 6SL
Tel No: 01480 215665

Opening Times

Monday to Friday - 9am to 6pm

Closed for Lunch - 1pm to 2pm

Saturday - 9am to 1pm

Sunday & Bank Holiday - CLOSED



FREE Collection & Delivery Service of Prescriptions for ALL patients at:

- Cedar House Surgery, St Neots Health Centre, Eaton Socon Health Centre, Almond Road Surgery, Dumbelton Medical Centre, Little Paxton Surgery

We have a range of specialist services that we offer including

- Free Minor Ailments Service
- Free Emergency Contraception Service
- Free Chlamydia Screening Test (Under 24)
- Free Medicines Use Review & Free New Medicines Service (NMS)
- Travel Clinic (Yellow Fever, Rabies, Malaria Etc...)
- Sexual Health Clinic (HIV, Chlamydia Etc...)
- Flu Vaccination Service
- Dry Cleaning Service

How to Keep Healthy on Your Summer Holidays June 2015

1. How many trips abroad do people from the UK go on each year?
2. Where do you find the health advice for the country you are travelling to?
3. Name two things that you should have in your travel kit?
4. How many people die each year from skin cancer in the UK?
5. What is Cancer Research UK's Sun Smart message?
6. Name two ways to help overcome jet lag
7. What is EHIC?
8. Is it an alternative to travel insurance?
9. What percentage of holiday makers suffer from diarrhoea?
10. Name two ways to reduce the chances of getting diarrhoea?



Are you Ready?

Foreign holidays

The time is fast approaching when your flying off to that fabulous summer holiday that you have saved up all year for but it can turn into a disaster if you don't take some simple precautions

Preparations

You need to start preparing some four to six weeks before you go by reading the latest health advice for the country you're travelling to using NATHNAC's. Website:

<http://www.nathnac.org>

interactive world map and check the travel safety updates with the Foreign and Commonwealth Office.

You may need travel vaccines which can take

several weeks to be effective and if malaria is a risk you will need to start protecting yourself well in advance. You should prepare a travel kit of essentials which should include:

- ◆ Antiseptic
- ◆ Sunscreen – suitable for all the family

- ◆ After sun lotion
- ◆ Insect repellent
- ◆ Painkillers – again to suit all the family
- ◆ Condoms – those bought abroad may be fake and potentially unsafe
- ◆ Antihistamines – in case you are bitten or have hay fever
- ◆ Anti-diarrhoea pills
- ◆ Rehydration sachets – In case someone loses a lot of fluid either from falling asleep in the sun or having diarrhoea
- ◆ First aid kit- for those cuts and grazes from falling over.



If you are travelling to Europe make sure you update your EHIC (European Health Insurance Card) which allows you to access state

provided healthcare in the EU at a reduced cost. It is free but is not a replacement for travel insurance as it does not cover any private medical care, flying back to the UK or lost or stolen property.

Sun Protection

Skin cancer is one of the most common in the UK but you can help to avoid it by following Cancer Research UK's SunSmart message:

- ◆ Spend time 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
- ◆ Then use factor 15 or more sunscreen.

If you already have moles you are concerned about, take a photograph of it with a date stamp on and if you notice any changes later, go to your GP with the original photo so he can see how much it has changed.

Avoiding Diarrhoea

This is most likely to be a problem in countries with poor sanitation but even here you can reduce your risk by following these simple guidelines:

- ◆ Don't drink the tap water or

use it to brush your teeth

- ◆ Use only filtered, bottled, boiled or chemically treated water

- ◆ Bottled fizzy drinks with unbroken seals should be alright but ice in drinks should be avoided

- ◆ Avoid salads, uncooked fruits and

vegetables unless you peeled them using safe water

- ◆ Stay away from fresh or cooked food that has been allowed to stand at room

temperature

- ◆ Avoid unpasteurised milk, cheese, ice cream or other dairy products

- ◆ Don't eat raw or undercooked shellfish or seafood

- ◆ Steer clear of food from street traders unless it has been recently prepared and served hot on clean crockery.

How to avoid jet lag

About 60 million UK residents go abroad each year and with more and more people travelling further afield for their holidays, jet lag is becoming

