

Public health Summer update

July 2023



Have fun and stay safe

Dear parents and guardians

The summer holidays are only a few weeks away and many of you will be planning days out to the coast and water parks, wildlife parks and petting farms. Follow our top tips to keep your loved ones safe and well.

Remember to get medical advice from a trusted health professional, GP, local pharmacy, NHS 111 or the NHS website www.nhs.uk. You can also find advice on the Humber and North Yorkshire Health and Care Partnership website: www.letsgetbetter.co.uk

Thank you

East Riding of Yorkshire Council's
public health team

Water safety

The sea, rivers, lakes and swimming pools can be a fun way to cool down when the weather is hot, however please make your family aware of the risks. Showing off or daring friends to do something unsafe is not worth the risk!

The following advice can help to keep everyone safe when swimming or in water:

- Keep young children at arm's reach – drowning can still happen in shallow water or paddling pools
- Don't ignore warning or guidance signs
- Only go in the water in areas with a lifeguard
- Be aware that open water can be much colder than it looks and can lead to cold water shock
- Get out of the water as soon as you start to feel cold
- Never enter the water after any alcohol
- Always swim parallel with the shore, not away from it
- Always go swimming with someone else
- Check swimming water quality using the Environment Agency's online tool [Swimfo](#)

Read more on the Royal Life Saving Society (RLSS) website: www.rlss.org.uk/summer-water-safety

How to beat the heat!

Babies, young children and older people are more likely to be unwell from hot weather because their bodies are less able to control their temperature.

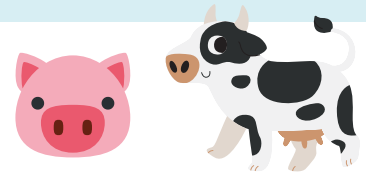


- Keep out of the sun at the hottest time of the day, between 11am and 3pm
- Don't forget a wide brimmed/floppy hat and sunglasses and seek shade when you can
- Apply sunscreen generously (SPF 30 at least) and re-apply frequently, especially after activities that remove it, such as swimming or using a towel
- Drink plenty of fluids – water and diluted squash or milk are good choices (fruit juice and soft drinks can be high in sugar which dehydrates the body)
- Keep your home cool by closing windows and curtains in rooms that face the sun
- Children in prams or pushchairs should be shaded by a parasol (not using a blanket or muslin) to let the air flow – check on them regularly to make sure they are not overheated. This is also the case in stationary cars which can easily overheat
- Know the symptoms of heat exhaustion – this can include feeling faint, a headache, muscle cramps and feeling or being sick. If it develops into heatstroke this can include confusion, fast breathing or heartbeat, a seizure or fit and is classed as a medical emergency – call 999 in this situation and try to cool the person down (drink cool water or a sports/rehydration drink, or eat cold and water rich foods like ice-lollies and apply cool water by spray or sponge to the skin).

Read more on the NHS website:

www.nhs.uk/conditions/heat-exhaustion-heatstroke/

Farm and wildlife parks



Signs about hand washing before and after touching animals are there for a reason – please make sure that everyone follows this advice to keep safe from any germs or nasty bugs:

- Try not to touch your face or put fingers (and thumbs!) in mouths when you are touching animals or fencing
- Animals don't need kisses or to be up close to children's faces – keep a safe distance
- Wash hands well with soap and water after touching animals, fences or other surfaces near animal areas
- Wash hands well with soap and water before eating or drinking
- Please don't eat or drink while touching animals or walking round a farm or zoo – only eat and drink in picnic areas or cafés
- Remember hand gels or wipes don't remove E. coli bacteria which can make someone poorly – wash hands with soap and water if you can and make sure children wash their hands properly – it's easy for them to get excited and forget the basics.

If someone in your family picks up an infection – which could include diarrhoea, stomach cramps or a fever, and you need any advice, call your local pharmacy, NHS 111, GP or visit the NHS website:

www.nhs.uk/conditions/diarrhoea-and-vomiting/