

SAFE IN THE SUN



If you are out and about in the sun this summer don't let sunburn catch you out. Whether you're at home or abroad, use shade, clothing and SPF15+ sunscreen to protect yourself.

When there's no shade around, the best way to protect your skin from the sun is with loose clothing, a wide-brimmed hat and good quality sunglasses.

The more skin that is covered by your clothing, the better the protection. Look for materials with a close weave, as they will block out the most UV rays. Holding the material up to the light is a good way to see how much light and UV rays will get through.

Be aware that when some clothes get wet, they stretch and allow more UV rays through to your skin. This is particularly a problem for cotton clothes. A wet cotton T-shirt may only offer half the protection of a dry one.

Don't forget your hat and sunglasses. Hats are great for protecting the face, eyes and head. Choose a wide-brimmed hat for the most protection.

Sunscreens can be useful for protecting our skin from the sun's rays. However, they will not protect us completely from sun damage on their own. This is why it is recommended to use sunscreens together with shade or clothing to avoid burning in the sun. You should never use sunscreen in order to spend longer in the sun. Try to apply sunscreen 15-30 minutes before going out in the sun. Reapply soon after to ensure that you get even coverage. Think of it as painting a wall – the first coat fills in any rough bits and the second gives an even layer.

Reapply every 2 hours or more frequently if washed, rubbed or sweated off. Even sunscreens that claim to be 'waterproof' should be reapplied after going in the water. It is also recommended to reapply 'once a day' sunscreens, just in case you missed a bit. Use generous amounts. If you do not apply enough sunscreen, you are getting much less protection than is advertised on the bottle. And you cannot compensate for light applications by using higher factors. Apply to clean, dry skin and rub in only lightly. Do not store sunscreens in very hot places as extreme heat can ruin their protective chemicals.



Whatever you get up to and wherever you go this summer have fun!

FOCUS ON... Triage/Minor illness nurse



Triage (noun) pronounce 'tree-arge' comes from the old French word 'Trier' meaning: to sort/separate/sift or select.

Hi! I am Sarah Beart, your Triage Sister. I work alongside the GP's in the practice and help them see patients with a wide range of illnesses and minor injuries.

I am happy to see patients from newborn to elderly and if I am unable to help you I always have access to the Duty Doctor.

My role is to accurately evaluate your acute presenting symptom/s; assess their severity and prioritise appropriate treatment and advice.

As well as making a thorough assessment of your symptoms, I can instigate further investigations, issue prescriptions and if necessary, refer you to the appropriate GP or A&E.

I have over 30 years nursing experience and am a qualified registered sick children's nurse, a Health Visitor, Minor Illness Nurse, State Registered Nurse and an Independent Nurse Prescriber.

Gluten-free

We have been advised that while the Norfolk PCT supports the provision of BASIC gluten-free foodstuffs such as: bread, pasta, bread-mix and pastry mixes, FRESH bread can no longer be supplied. Gluten-free products are widely available in supermarkets.



HOLIDAY VACCINATIONS

If you are going abroad this year for your summer holiday you may need vaccinations. Ask at reception for a holiday vaccination form, once completed hand it in and make an appointment to see one of the practice nurses. Please make the appointment to see the nurse well in advance before you travel to plan your vaccination programme.