

**PRESS RELEASE**

Wednesday 17 July

**Stay safe in the sunshine****Planning on enjoying the sunshine this week? We've got some advice for you!**

If you're planning on taking advantage of the welcome warm weather this week, the NHS is urging you to think about a number of things, so everyone has a safe time!

As always when the sun is out, keep safe by applying sunscreen regularly, wearing a hat and taking regular breaks in the shade.

Heat affects some people more seriously. Those that need to take extra care are older people, babies, those doing manual work outside and those who have chronic conditions such as diabetes and heart problems.

A pharmacist can advise if you do overdo the sun and develop an itchy rash or sunburn.

It's also more important than ever to keep hydrated in hot weather, as dehydration can be very serious. Make sure you drink plenty of water, squash or fruit juice. If you are drinking alcohol, try to alternate alcoholic drinks with a soft drink, and never drink on an empty stomach.

Planning a barbecue? If you are cooking on a barbecue two main risk factors are undercooked meat and spreading germs from raw meat onto food that's ready to eat. Sickness and diarrhea can affect around one in five people in England every year. However cases can double over the summer thanks to lax food safety outdoors.

Most cases of gastroenteritis/norovirus are mild and will get better within a few days without the need for treatment. A visit to the pharmacy will help manage symptoms; if symptoms get no better after a few days visit your GP.

If you cut your finger or burn yourself preparing food, visit your nearest Minor Injuries Unit, where trained staff can help you. Find your nearest one on [www.nhs.uk](http://www.nhs.uk) by typing in your postcode.

**-Ends-**

---

**Notes for Editors**

- For more information about NHS Redditch and Bromsgrove Clinical Commissioning Group please visit [www.redditchandbromsgroveccg.nhs.uk](http://www.redditchandbromsgroveccg.nhs.uk)

- NHS Redditch and Bromsgrove CCG represents 22 GP practices and serves a patient population of 170,000 patients.
- Find out all the latest news by 'liking' our page on Facebook  
[www.facebook.com/redditchandbromsgroveccg](http://www.facebook.com/redditchandbromsgroveccg)
- Follow Dr Jonathan Wells, Chair and Clinical Lead for RBCCG on Twitter @RBCCG\_Chair

**For further information please contact:**

Hardeep Cheema, Communications Manager on 07423 534211 or email  
[Hardeep.cheema@worcestershire.nhs.uk](mailto:Hardeep.cheema@worcestershire.nhs.uk)

Rebecca Salari, Communications Officer on 07436 038382 or email  
[Rebecca.salari@worcestershire.nhs.uk](mailto:Rebecca.salari@worcestershire.nhs.uk)