



# BUG CLUB

Secondary Schools

Summer 2017



Summer means holidays abroad, trips to the beach and hanging out with your mates.

Make the most of it by staying safe and well.

## Avoid the “lobster” look...

Shorts and t-shirts are essential summer looks, but “lobster” is one we all need to avoid! In only 15 minutes in the sun, you can burn and damage your skin.

To avoid the lobster look:-

- **Use sunscreen or sun block of at least SPF 15.** Put it on before you go outside and top it up during the day, even if the bottle says it only needs to be applied once.
- **Cover up with loose fitting clothes**
- **Wear a hat and sunglasses.** Baseball caps do not protect ears and neck
- **Drink plenty of water**
- **Stay in the shade** and avoid the sun between 12pm and 3pm (the hottest part of the day).



## Travel Vaccinations

Wherever you are holidaying this summer, add “check everyone’s jabs are up to date” to your pre-holiday checklist!

If you are going abroad, you may need some extra vaccinations to keep you, and your family, safe.

If you’re not sure what you need, talk to your GP or practice nurse or go to:

<http://travelhealthpro.org.uk/countries>

## Vaccinations for teens

Vaccinations aren’t just for small kids. Teenagers need them too.

Girls aged 12-13 are offered the Human papillomavirus (HPV) vaccine that protects against cervical cancer and genital warts. Everyone needs a tetanus, diphtheria and polio booster (Td/IPV) at around 14 years of age (year 9), as well as Meningococcal ACWY (MenACWY) vaccine to improve protection against meningitis.

MenACWY is really important for teens, whether in school or in first year at university, because they spend so much time with so many new people. Meningococcal is a bacteria that lives in the back of the nose or throat of some people and people they are close to can catch it and develop meningitis.

If you, or your teens, have missed out and are off to Sixth Form College or university, your GP can arrange vaccination.



## Measles

There are currently measles outbreaks in many parts of the world, including Europe and the UK.

Just like other childhood illnesses, people with measles are infectious before they are ill. Measles spreads easily from person to person, especially where lots of people are together, like holiday clubs, shopping centres, music festivals or parties.

To protect against measles, your child needs to have had two doses of MMR vaccine; one at 12 to 13 months old, and the second vaccination at 3 years 4 months old but it is never too late to catch up on missed doses. You can check with your GP practice if your child is up to date.

Measles symptoms include a high temperature, cough, runny nose, red eyes (conjunctivitis), and a distinctive red rash. Children with measles are very, very unwell. One in five children with measles can experience serious complications such as ear infections, pneumonia or meningitis.

If you think your child has measles, telephone your GP or GP out-of-hours service to arrange an appointment. **DO NOT** go to the surgery or an A&E department without calling ahead to avoid passing measles on to other people.



## Water Safety

Summer holidays can mean escaping from the watchful eyes of teachers and parents. With any luck it will be warm and sunny and someone will have set up the rope swing at the river or be up for jumping into the lake or quarry. If it's warm, it will be a great way to cool off. Won't it? No, unfortunately, even when summer is at its warmest in the UK, open water temperatures are rarely more than about 10-15°C. Jumping or falling into water that is this cold can lead to cold water shock; blood vessels in the skin close, so blood pressure, heart rate and breathing rate goes up, causing panic, making swimming difficult and even in young people, heart attacks and deaths. Cold water is not the only problem there are many other risks;

- the water may be shallower than it seems
- You can't see what's under the water, like rocks
- Strong currents can sweep people away.

Unfortunately, when these accidents happen young people are rarely alone, and their mates trying to save them can lead to even more deaths. The only people who should go into the water are professionals; the fire service, coastguards or lifeguards. The best thing anyone can do if their mate is in trouble is just get help by calling 999.

No matter how tempting it looks, please stay out of the water.

Further Information and Advice can be obtained via Public Health Wales Website at <http://howis.wales.nhs.uk/sitesplus/888/home> or by contacting Public Health Wales Health Protection Team on 0300 00 300 32

Follow us

