



Practice News

Swine Flu - For up to date information visit: www.nhsdirect.nhs.uk

Special points of interest:

- Swine Flu
- Stroke
- Minor Ailments
- Sunscreen
- Travel Advice

Swine influenza is a disease in pigs. The virus currently transmitting among people is referred to as 'SWINE FLU'. The current swine flu is an altered version of a virus that causes swine influenza.

If you have flu like symptoms and have recently travelled to Mexico or another infected country or if you have been in contact with someone who may have swine flu:

- * Stay at home
- * Check symptoms
- * Call your GP or out of hours

Remember preventing the spread of germs is the most effective way to slow the spread of diseases such as swine flu. You should:

- * Wash your hands regularly with soap and water
- * Clean surfaces regularly to get rid of germs
- * Use tissues to cover your mouth and nose when you cough and sneeze
- * Place used tissues in a bin as soon

Medical Emergencies - Stroke

A stroke is a medical emergency. It is the brain equivalent of a heart attack.

Around 4000 people in N Ireland will have a stroke this year. Stroke is the third biggest killer and the leading cause of severe disability in N. Ireland.

The **FAST** Campaign aims to raise awareness of the symptoms and signs of stroke.

The public are being asked to act **FAST** by recognising the signs and calling 999.

FAST stands for

- F** Facial weakness
 - can the person smile
- A** Arm weakness
 - can the person raise both arms
- S** Speech problems
 - can the person speak clearly
- T** Test for each of the above

Remember treat stroke as a medical emergency.

Act **FAST** and call 999.

Early treatment saves lives and increases the chance of a better recovery.

**Act
F
A
S
T**

Dr Haslam is doing the annual coastal cycle challenge on Sunday 21st June. He is hoping to raise funds for Action Medical Research, a charity dedicated to improving the health of babies and children.

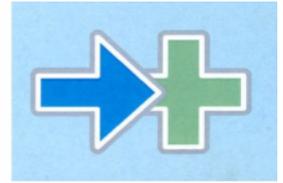
**For common
minor ailments
you can visit the
Pharmacist
directly.**

Minor Ailments

Many GP consultations are for ailments that could potentially be treated with non-prescription medicines available directly from your local pharmacy. Pharmacists are trained to deal with minor ailments.

For common Minor Ailments such as coughs, colds, sore throats, hay-fever, athlete's foot, head-lice and threadworms it is possible to get advice and, if necessary, medication direct from the Pharmacist.

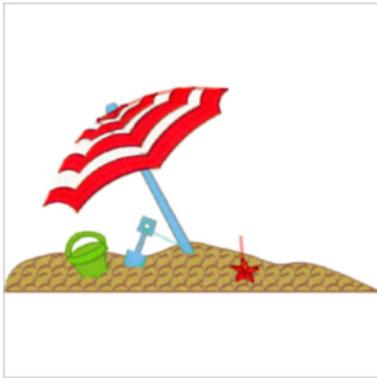
If you are exempt from prescription charges you may receive some medications free of charge. If you are not exempt you will be asked to pay the retail price for the medication you receive.



Most pharmacies in Northern Ireland are involved in the Minor Ailments Service.

Call into any Pharmacy displaying the above logo.

Sunscreen



Too much sunlight is harmful and can damage your skin.

All people are at risk if exposed to too much sun. People most at risk are those with fair skin, freckles, red or ginger hair. It is not just people who sunbathe who are at risk. Outdoor workers and people simply being outdoors who do not protect their skin are also at risk.

In order to protect your skin you should stay indoors when the sun is strong between 11am and 3pm, cover up the body as much as possible when you are out in the sunshine and use sunscreen liberally.

You should apply sunscreen with a Sun Protection Factor of at least 15. Sunscreens less than factor 15 do not give much protection. Be sure to cover areas which are sometimes missed such as the lips, ears, around eyes, neck, scalp if hair is thinning, hands and feet.

Sunscreens can go off and not work after a time, DO NOT USE out of date suncreams.

Travel Advice

Most travel vaccinations are available at this practice. A full course of vaccination may take up to 6 months to complete, so plan ahead. Contact reception for further details.

Also remember to arrange adequate health insurance effective from the time of booking.

If travelling four hours or more by any form of transport consider the risk of deep vein thrombosis. If you have a predisposing medical condition, are overweight or are taking drugs, consider flight socks.

Remember to buy sunscreen with a Sun Protection Factor of at least 15.

Remember insect repellent if appropriate.

Watch for standards of hygiene abroad. They may vary widely within each resort.

