

Practice News

Food Safety Week

Special points of interest:

- Food Safety Week
- Retinal Screening
- Minor Ailments
- Sunscreen
- Travel Advice

Retinal Screening reminder

Food Safety Week runs from Monday 7th - Sunday 13th June.

It highlights the need for good practices at all times when preparing, cooking and storing food.

At this time of year we all like to take advantage of the good weather and bar-be-que. It is very important to make sure poultry, pork, burgers, sausages and kebabs are properly cooked all the way through. When checking cut

should be steaming hot in the middle.

Cooking food properly will help make sure that any harmful bacteria are killed. Eating food that isn't properly cooked could give food poisoning.

Remember your hands could also be carrying germs.

Keep your hands clean by washing with soap and water and drying them thoroughly.

If you have diabetes, it is vital that you have your eyes checked regularly.

All patients of this practice with diabetes will be offered retinal screening between Monday 7th - Wednesday 16th June.

The screening test involves taking 2 photos of the back of the eye using a special camera.

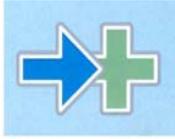
The test is painless.

If you are over 50 years old you will need drops put in your eyes about 15 minutes before the test. This helps get a good quality photo. **You will not be able to drive for at least 2 hours after eye drops so please arrange transport.**



Dr Haslam is doing the annual coastal cycle challenge on Sunday 20th June. He is hoping to raise funds for Marie Curie Hospice Care.

Minor Ailments extended



The minor ailments scheme has been extended.

For common Minor Ailments including coughs, colds, sore throats, hayfever, athletes foot, diarrhoea, head lice, thread-

worms and vaginal thrush it is now possible to get medication direct from the Pharmacist if required.

Call into any Pharmacy displaying the logo shown.

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 being outdoors who do not protect their skin are also at risk.

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.

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

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.

To access this service you need to complete the travel risk assessment form (now available on-line). It is important to do this as early as possible, at least **6 weeks** before you travel.

Comprehensive personalised travel information including vaccinations will be given at this appointment. This service is not available at open surgery.

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

You will be asked to call at the surgery a few days after the completed form is received to collect the necessary prescriptions and make an appointment for their administration.

Remember insect repellent if appropriate.

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