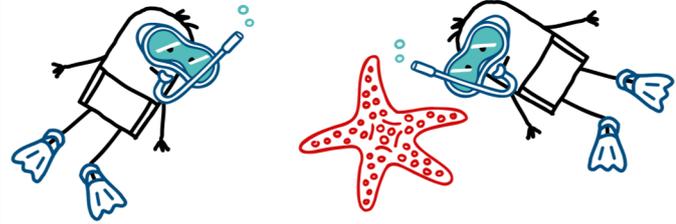


Health Matters Assistance Programme

Employee Support Bulletin June 2013

Some Holiday Advice - What To Take



The most important thing to take on holiday is you, in the best health possible. If you've been putting off a dental check-up or any other routine medical matters please consider dealing with these before you go on your holiday. Medical and dental care outside Europe may not meet EU standards and can be expensive.

First Aid Kit

A standard kit, which you can put together yourself, should contain: Plasters or adhesive dressings, Insect repellent, Antiseptic cream, Water sterilisation tablets, Anti-diarrhoea tablets, Oral rehydration tablets, Painkillers, Calamine lotion, Sun block. Emergency medical travel kits can be purchased containing sealed, sterilised items such as needles, syringes and suture materials. Please consult your GP for direct medical advice and how to obtain such kits.

Medication

Remember to pack any medications you're currently taking. Make note of the non-branded, generic name of the medication so you can get hold of it easily abroad if need be. Don't forget your malaria tablets, if required.

Sun Protection

It's important to protect your and your children's skin in the sun to avoid sunburn and heat exhaustion. We recommend buying sunscreens with a Sun Protection Factor (SPF) of at least 15. Also look out for brands that have not gone past their expiry date - most sunscreens have a shelf life of 2-3 years. Apply to clean, dry skin. Apply plenty of sunscreen and reapply it regularly. Sunscreen can be easily washed, rubbed or sweated off. Even sunscreens that claim to be 'waterproof' should be reapplied after going in the water. Use sunscreen together with shade and clothing to avoiding getting caught out by sunburn. Don't be tempted to spend longer in the sun than you would without sunscreen. Do not store sunscreens in very hot places as extreme heat can ruin their protective chemicals. An SPF15 sunscreen filters out 93% of UVB radiation, while an SPF30 sunscreen filters out 96%. No sunscreen, no matter how high the factor, can provide 100% protection. And no sunscreen, whether it's factor 15 or 50, will provide the protection it claims unless it is applied properly. Therefore, it is crucial that you **apply sunscreen generously and regularly**.

Just some of the issues covered...

- Stress & Anxiety
- Depression
- Feeling SAD
- Bullying & Harassment
- Performance at Work
- Managing Pressure
- Family Life & Relationships
- Divorce & Separation
- Illness, Health & Wellbeing
- Childcare & Parenting
- Bereavement
- Cancer Concerns

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