

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 7pm

Tuesday 9am - 7pm

Wednesday 9am - 6.30pm

Thursday 9am - 6.30pm

Friday 9am - 7pm

Saturday 9am - 5.30pm

Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for July 2016

1. How soon should you start to prepare for your trip?
2. What should you check first?
3. Where would you find that?
4. Name 3 things you should have in a basic first aid kit.
5. What extra would you need for more adventurous travel?
6. Name 2 tips for reducing your risk of DVT.
7. What foods should you avoid in countries with poor sanitation?
8. What is the most reliable way to purify water?
9. What can you do to reduce jet lag before you travel?
10. What can help during the flight?



Are you prepared for your travels?

Answers on the bottom of page two

Summer holidays are here!

And if you have planned an exotic trip abroad you want to make sure you enjoy it to the full so here are some tips to help:

Start preparing for your trip, especially long trips, 4-6 weeks before you go. Read the latest health and safety advice for the country you are travelling to using GOV.UK or TravelHealthPro.org.uk country information to find out if you need any travel vaccines and if malaria is a risk.

Be Prepared

If you do need vaccinations and/or to take malaria tablets make sure you leave enough time for them to start working before you go. Prepare a kit of travel health essentials which should include:

- ◆ Insect repellent
- ◆ Thermometer
- ◆ Wound cleaning gauze
- ◆ Sterile dressings
- ◆ Scissors (pack in main case - not hand luggage)

- ◆ Plasters
- ◆ Tweezers
- ◆ Bandage tape
- ◆ Painkillers
- ◆ Condoms
- ◆ Sunburn treatment
- ◆ Antiseptic
- ◆ Medication for existing conditions
- ◆ Antihistamines



Your sunscreen should have UVA rating of at least 4 star and a minimum SPF 15 to protect against UVB. It is important to apply it thick enough to get the suggested protection and reapply every two hours. This means a 200ml bottle would last an adult only two days. So take enough for the whole family. If you are having a more adventurous holiday you should consider including anti-diarrhoea medication, rehydration sachets, anti-malarial tablets, a mosquito net and a water disinfectant- most of

which you can purchase from this pharmacy. It is vital to have the right travel insurance. Make sure your policy covers your destination and the length of your stay as well as any activities you might want to do. When travelling in Europe confirm you have a valid European Health Insurance Card (EHIC) which will entitle you to free or reduced cost medical care but not emergency travel back to the UK.



Other Precautions:

DVT (Deep Vein Thrombosis)

Conditions that may increase your risk of DVT on a flight of more than 8 hours include:

- A history of DVT or pulmonary embolism
- Cancer
- Stroke
- Heart disease
- Recent surgery of the pelvis or legs
- Obesity
- Pregnancy
- HRT

If you think you may suffer from DVT talk to your GP before you go. Don't leave it till the last minute in case you need to get medication or flight socks. To reduce your risk during the flight wear loose clothes, use flight socks, do anti DVT exercises, drink plenty of water but don't drink alcohol or take sleeping tablets.



Jet Lag

Jet lag can't be prevented but you can help to reduce its effects by changing your sleep routine a few days before travelling. If you are travelling east go to bed an hour earlier than usual and if travelling west an hour later. Get enough sleep before you travel as being tired makes the jet lag feel worse.



During the flight drink plenty of fluids but not alcohol or caffeine based drinks, take short naps but keep active in between and change your watch to your new destination time.

Food and Water Abroad

Many holiday illnesses are caused through contaminated food and water so to reduce your chance of traveller's diarrhoea you should follow these simple guidelines:

In countries with poor sanitation don't drink the water, have ice cubes in your drink or use it to brush your teeth. Use filtered, bottled, boiled or chemically treated water. The most reliable way to purify water is to boil it but this is not always possible.



Chemical disinfectants like iodine or chlorine will usually kill bacteria and viruses and can be bought from here or we can tell you where to buy them. However some parasites are not killed so combining these chemicals with a specialist filter should work. Domestic water filters for use in UK homes are not suitable.

The foods to avoid in countries where sanitation is poor are:

- ◆ Salads
- ◆ Uncooked fruits, vegetables unless peeled and washed by you
- ◆ Food that has been allowed to stand at room temperature like a buffet
- ◆ Unpasteurised milk, cheese, ice cream
- ◆ Raw or undercooked shellfish or seafood
- ◆ Food from street traders unless it has been recently prepared and is served hot on clean crockery

Always wash your hands before and after going to the toilet.

For more help talk to one of our team.

Answers: Q1, 4-6 weeks before you go. Q2, The latest health and safety advice for the country you are visiting. Q3, gov.uk or www.TravelHealthPro.org.uk country information. Q4, Antiseptic, painkillers, sterile dressings, tweezers, scissors, thermometer, antihistamines, after sun, insect repellent and bite treatment, your own medication, condoms. Q5, Anti diarrhoea medication, rehydration sachets, anti malarial medication, mosquito net and water disinfectant. Q6, Loose clothes, flight socks, anti DVT exercises, drink plenty of water, don't drink alcohol or take sleeping pills. Q7, Salads, uncooked fruit and veg, fresh or cooked food that has stood around at room temperature, unpasteurised milk, cheese ice cream, raw or undercooked seafood, food from street traders. Q8, To boil it. Q9, Change your sleep routine. Q10, Drink but not alcohol or caffeine based drinks, keep active and change your watch to the new destination time.