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KEEP SAFE THIS SUMMER!

- Driveway accidents are one of the most common causes of injuries around the home.
- Burns from hot substances cause many hospital admissions.
- Treat burns with at least 30 minutes of cool running water.
- Check your smoke alarms are working
- Check the temperature of your hot water.
- Over 90% of all skin cancers are caused by the sun. Protect yourself from the sun using sunscreen, clothing and keep out of the sun between 11am and 4pm.
- It is a legal requirement to carry correctly sized lifejackets on board pleasure boats. Over 50% of drownings could have avoided death by wearing a lifejacket.
- Drowning is silent and fast. Children can drown in as little as 5cm of water and if they survive, can be left with permanent brain damage.
- Make sure your glass doors are visible. Each year 180 NZ children are injured by running into glass doors or falling through windows.
- Adult seat belts don't fit children properly until they're 148cm tall so they need to stay in a booster seat until they're tall enough. The risk of injury is reduced by 59 percent by using a booster seat.
- Keep children under 16 years off ATVs – they aren't big enough to control them. Every month, an average of 5 children are hospitalised from injuries sustained while riding ATVs.
- 57 people a day (400 a week) are injured by a plant, bush or tree in New Zealand, while 12 injuries a day are caused by a lawnmower.
- Each year about 200,000 New Zealanders get sick from foodborne bugs and estimates are that almost half of those cases are due to mishandling food in the home.

The 4 Cs of food safety are:

- **Clean** - wash your hands and keep knives, utensils and chopping boards clean.
- **Cook** - Defrost frozen foods thoroughly in the fridge or microwave before cooking. Cook food properly.
- **Cover** - Keep food covered until you're ready to cook it or eat it.
- **Chill** - Ensure the fridge is set between 2 and 4°C. As soon as steam stops rising on hot food, refrigerate or freeze it in leak-proof containers. Throw out any perishable items left out for more than four hours.

Travellers' Health

See your GP if you are thinking of travelling.

- Travellers do get sick or injured. Travel Medicine involves advice on pre-travel health, during travel health & post-travel health.
- We can help with advice around special considerations for children, women's health, elderly, chronic illness, altitude, jetlag, mode of transport, accidents, safety, security, pollution & different cultures.
- Must have Travel Insurance: "If you don't have travel insurance then you can't afford to travel."
- Always take regular medications. Carry a first aid kit. Take copy of medications & medical conditions from your GP.
- Photocopy Itinerary & Passport. Leave a copy at home & carry an extra copy
- Have a "code word" to use with relatives & friends to signal that you are in danger & need help. Carry money & jewellery inconspicuously. Keep extra money elsewhere for emergencies e.g. inside shoes.

10 Tips on Healthy & Safe Travel

1. Consult with your healthcare provider
2. Check what vaccinations are needed
3. Carry your health information and medications
4. Be concerned about safety & security
5. Have a good first aid kit
6. Be prepared for emergencies
7. Take your malaria prophylaxis
8. Protect yourself from insects
9. "Boil it, cook it, peel it or leave it"
10. Beware of animals that bite

For more info visit these sites!

www.safekids.org.nz, www.acc.co.nz,
www.police.govt.nz/safety/index.html
www.nzfsa.govt.nz/, www.fire.org.nz

WATCH OUT FOR FREE SWIMMING LESSONS AT LOCAL FRANKLIN OUT-DOOR POOLS IN JANUARY.

Have a safe and happy holiday season from the team at Pukekohe Family Health Care.

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