

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 1pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for June 2025

1. Can I take medication in my hand luggage?
2. Name two things you should keep in a medical kit.
3. How do you avoid creases when packing?
4. Why is it important that I keep hydrated?
5. What can I do to keep active while I'm on holiday?
6. How do I avoid putting on weight?
7. Why should I take rest periods when I am on holiday?
8. What damage can the sun cause?
9. What percentage of people in the UK were sunburnt at least once during the heatwave of 2022?
10. What can I do to keep safe in the sun?



Answers on the bottom of P2

### Plan and pack with care

If you have a pre-existing medical condition such as asthma, diabetes, high blood pressure or heart problems make sure you take enough of your medication to last the whole holiday and a week or two more, in case of delays, loss or damage.

Always keep it in its original name-labelled packaging along with its patient information leaflet and a copy of your repeat prescription. Keep your medication in your hand luggage and ideally split it with somebody else, so if one bag gets lost you still have some to go on with.

Pack a small medical kit to deal with any minor problems that may arise. This kit should contain travel sickness medicines, painkillers, plasters in different sizes, anti-diarrhoea medicine, indigestion medicines, tweezers and scissors (put in checked in luggage), insect bite cream, sterile gauze and bandage, after

sun lotion, antihistamines, electrolytes.

Don't leave packing till the last minute as this can lead to stress and crucial items being missed. Having carefully chosen what clothes you want to take, the last thing you want is creased clothing when you arrive. Try rolling your clothes or using packing cubes and compression bags.



## Staying healthy

While you are away it is important to keep hydrated, especially if you are going somewhere hot. Keeping your fluid intake up is essential for healthy kidneys.

Women need about 1600ml a day and men about 2000ml from drinks. In hot climates you may need more. Alcohol acts as a diuretic and so makes you more prone to dehydration.

Make sure you drink bottled water and use it for cleaning your teeth. Do not have ice in your drink and avoid ice creams unless you are holidaying in the UK, Europe, USA, Australia and New Zealand.

Staying active will invigorate your body and rejuvenate your soul, fostering a sense of holistic renewal and vitality. You can stay active by hiking, swimming, or using the hotel's gym.

Watch the amount you eat particularly when indulging in calorie laden rich dishes, like creamy curries and pastries. Try to stick to lean protein, vegetables and whole grains. It is so easy to put weight on and so hard to get it off once you are back home.

It's very easy to be busy throughout your holiday so when you get home, you don't feel you have had a break at all. A well-rested mind enhances the enjoyment and plays a crucial role in creating lasting memories. So, make sure you take breaks to rest.

## The danger of the sun

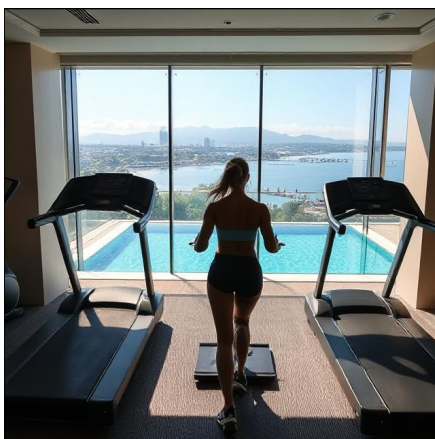
One of the major draws of travelling is enjoying the sun but it can cause long term damage.

Repeated sun burn, especially in childhood and adolescence, increases the risk of skin cancer in later life. Even in this country it is possible to

get serious sunburn. In the heatwave of 2022, 40% of people in the UK got sunburnt at least once.

Ways to reduce the chances of sunburn are:

- Choose the right sunscreen for your skin type, where you are travelling to and the time of day
- Apply it 30 minutes before you go out
- Apply the correct thickness – about 30ml to cover a whole adult body. This means you will need 420ml per adult for a two-week holiday.
- Choose light fitting clothes in light colours, use sunglasses and wear a hat
- Remember to re-apply after swimming, strenuous exercise or every two hours.
- Keep babies and young children covered up at all times.
- Avoid the sun between 12 noon and 3pm.



**For more information about this or any other health concern, talk to one of our qualified team**

Answers: Q1, Yes, as long as you have the proper paperwork. Q2, Travel sickness medicines, painkillers, plasters, anti-diarrhoea medicine, indigestion tablets, tweezers and scissors, insect bite cream, sterile gauze and bandage, after sun lotion, antihistamines. Q3, Try rolling your clothes or use packing cubes and compression bags. Q4, Keeping drinking is essential to keep your kidneys healthy. Q5, Try hiking, swimming or using the hotel's gym. Q6, Watch your portion sizes especially with creamy curries or buttery pastries and try to stick to lean proteins, vegetables and whole grains. Q7, A well-rested mind and body not only enhances the enjoyment of each moment but also plays a crucial role in shaping the creation of lasting memories. Q8, Repeated sunburns, particularly in childhood and adolescence, greatly increase the risk of skin cancer later in life. Q9, 40%. Q10, Choose light fitting clothes in light colours, use sunglasses and wear a hat, liberally apply sunscreen above SPF of at least 30 and stay in the shade from noon to 3pm.