



YOUR SUMMER HOLIDAY HEALTH GUIDE



A ROADMAP TO A HEALTHY HOLIDAY



PAVE THE WAY PREPARE & PACK

- First aid kit
- Beach or bush?
- Car safety check



ON THE ROAD ARE WE THERE YET?

- Arrive alive
- Motion sickness
- Stay alert
- Stops & snacks



TO THE BEACH SAFETY FIRST

- Sun & water safety
- Jellyfish or bluebottle sting
- Heat exhaustion & heatstroke



FESTIVITIES, FOOD & FIASCOS

- Battle the bugs
- Food Safety
- Burns & Scalds



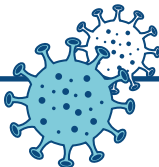
POOLSIDE SLIPPING INTO THE HOLIDAYS

- Water safety
- Minor wounds
- Dental emergencies



STRAIGHT TO THE EMERGENCY ROOM

- Heart attack
- Stroke



COVID-19 HOLIDAY PRECAUTIONS

- Prepare & pack
- On the road or on a plane
- Beach & pool
- Festivities, food & more



CONTACT INTERCARE MEDICAL & DENTAL CENTRES

- Contact details
- Physical address



PREPARE & PACK YOUR FIRST AID KIT

Your kit should be able to provide you with equipment to do the following tasks:

- Manage bleeding
- Clean small cuts and grazes
- Cover minor wounds and burns
- Treat minor ailments



BANDAGES: Can be used as a cold compress, padding, to cover burns or large grazes and support broken bones.



PLASTERS: Small wounds, blisters, and paper cuts.



ROLLER BANDAGES: To provide support to sprains and strains.



GAUZE SWABS: Use with water to clean wounds.



DISPOSABLE GLOVES: Protect yourself first. Use when attending to someone who is bleeding.



BLANKET: Keeping a casualty warm, treating shock and as padding for broken bones.



ANTIHISTAMINE: Protects against allergies and hay fever.



TWEEZERS: The perfect tool to remove splinters, thorns, ticks and sea urchins.



ANTIHISTAMINE CREAM: Skin rashes and insect bites.



SAFETY PINS: Quick fix for clothing, making an arm sling, emergency cloth.



PARACETAMOL: Pain and fever reduction.



IBUPROFEN: Pain and fever reducer, anti-inflammatory.



ANTISEPTIC WIPES: Cleaning hands and wounds.



ANTIBIOTIC OINTMENT: Minor cuts and scrapes.



ELECTROLYTE PACKETS: Replacing vital fluid loss due to vomiting or diarrhoea.



MATCHES: Light source, fires.



PORTABLE FLASHLIGHT: Looking into mouths, dark room (or use your cellphone's).



HAND SANITIZER: Dirty hands mean infected cuts.



MAKE THE MOST OF THE HOLIDAYS

Know what to do and have all the things you need in your kit.

HOW TO PREVENT MOSQUITO BITES



Keep them outside: Keep doors and windows closed or sleep under a mosquito net.



Stay indoors during dusk and dawn.



Use bug repellent: Use products with the active ingredients DEET, IR3535 or Picaridin.



Dress to protect: Wear light-coloured, looser fitting, long sleeves and pants to cover your arms and legs.



Avoid strong fragrances: Scented lotions, perfumes and body odour can attract mosquitoes.



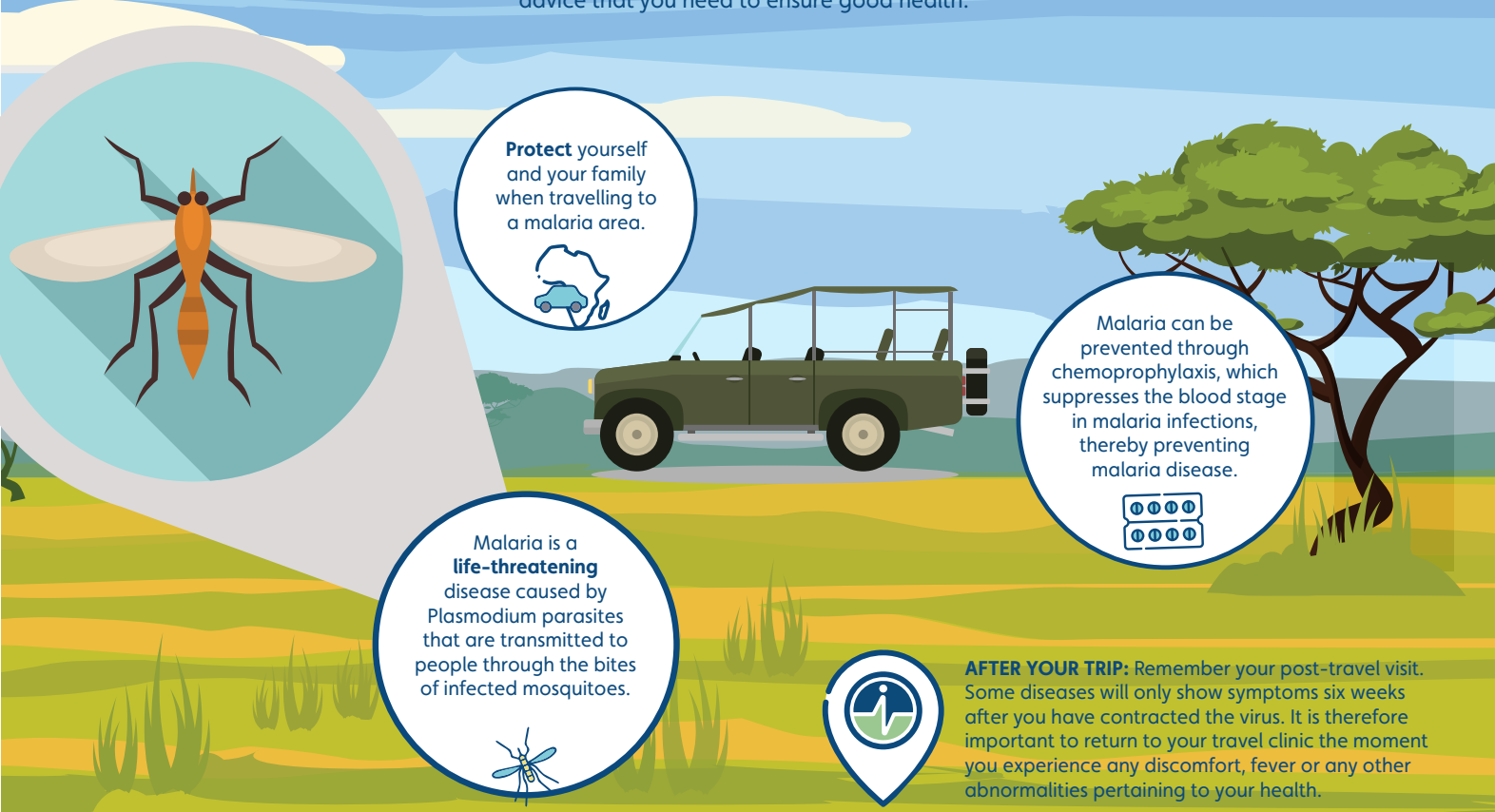
Throw away standing water: Mosquitoes breed in water. Empty water collected in rain gutters, buckets, toys and other locations outside.



BEFORE YOUR TRIP: Visit a travel clinic at least six weeks before you leave, especially if you are a chronically ill or elderly traveller. The doctor will assess your current health status and provide you with the necessary vaccinations, preventative medications and advice that you need to ensure good health.



BEACH OR BUSH?



Protect yourself and your family when travelling to a malaria area.



Malaria can be prevented through chemoprophylaxis, which suppresses the blood stage in malaria infections, thereby preventing malaria disease.



Malaria is a **life-threatening** disease caused by Plasmodium parasites that are transmitted to people through the bites of infected mosquitoes.



AFTER YOUR TRIP: Remember your post-travel visit. Some diseases will only show symptoms six weeks after you have contracted the virus. It is therefore important to return to your travel clinic the moment you experience any discomfort, fever or any other abnormalities pertaining to your health.



PREPARE: CAR SAFETY CHECK



Book your vehicle in for a vehicle safety check.



Pack for safety:
Check your spare tyre or puncture repair kit and tools.



Check the depth of your tyre tread. The legal minimum tread depth in SA is 1,6 mm.



Make sure you have a safety kit on board including a hazard warning triangle, a high visibility jacket or strap, a torch.



ON THE ROAD: ARRIVE ALIVE

Make sure that it's a fun and safe drive no matter where you're going with our top road trip tips.



DRIVE SAFELY



Buckle up



Obey traffic rules & speed limits



Don't text and drive



ON THE ROAD: TRAVEL (OR MOTION) SICKNESS

Motion sickness often happens on ships and boats, but it also can affect kids when they travel in planes, buses, and cars.



Some ways to help combat travel sickness:



Before you leave, have kids eat a light meal or snack, as motion sickness seems worse on an empty stomach. Provide foods that are easily digested, such as complex carbohydrates, and avoid fatty foods.



If your child is feeling sick, provide some bland foods, like crackers.



Use a headrest to minimise head movement.



Make frequent stops, if possible, at places like rest stops and parks. If your child complains of feeling sick and it's safe to stop, a short walk for some fresh air might help.



Encourage kids to look outside the car, rather than inside. They should focus on still objects – not moving ones (like other cars) – or a distant point. Keep the window open a little to allow fresh air to circulate.



Ask your doctor about medicines to prevent travel sickness.



ON THE ROAD: STAY ALERT

Get a good night's rest before you hit the road.



Driving while tired is very dangerous.



Try listening to music or rolling the window down if you feel tired.



• PIT STOP

Take turns to drive.



STOPS & SNACKS



Plan your rest stops.



Take breaks and stretch every two hours. It can refresh your mind and body.



Use your smartphone with apps and games to keep everyone entertained.



Or, go the traditional route of playing car games like "I Spy" or "Car cricket."



Pack healthy road trip snacks such as yoghurt, fruit, nuts, cheese and biltong.



Stay hydrated.



Pack a cooler with ice to prevent food from spoiling and keep your water cold.



KNOW WHERE YOU'RE GOING



Map your course before you go and stay on track.



Print or take screenshots of your directions, in case your phone loses signal or its battery dies.



Check weather conditions before you leave.



TO THE BEACH: SUN & WATER SAFETY

AVOID MID-DAY SUN
Stay indoors during the hottest time of the day from 10:00 to 15:00.

KEEP COOL
Wear protective clothing, sunglasses and a hat.

SEEK SHADE
Use a tree, umbrella or tent to protect yourself from the sun.

DRINK WATER
Stay hydrated and don't wait until you're thirsty.

If you go boating, wear a life jacket.

Be aware of dangers like rip currents, tides, sandbars, shallow and deep water.

PREVENTION is as easy as **SLIP, SLAP, SLOP**

SLIP into a T-shirt, **SLAP** on a hat, **SLOP** on the sunscreen



15 MINUTES
Sunburn can happen within 15 minutes of being in the sun, but the redness and discomfort may not be noticed for a few hours.

>SPF 30
Use a sunscreen with a SPF of 30 or higher, that provides both UVA and UVB protection and is water and sweat-resistant.

Swim in designated areas supervised by lifeguards.

WHAT TO DO if you slip up and get burned:



1. Get out of the sun right away.



2. Cool compresses or a cool shower can help mild sunburn, as can oral pain relievers and medicated lotions.



3. Drink plenty of water to prevent dehydration.



4. Be sure to stay out of the sun until the burn heals.



5. Visit a doctor if you have severe sunburn.



JELLYFISH OR BLUEBOTTLE STING

While jellyfish stings are painful, most are not emergencies. Expect pain, red marks, itching, numbness, or tingling with a typical sting.

WHAT TO DO

To get relief, you'll need to remove the tentacles and the very tiny stingers (nematocysts) in the skin.

1. Rinse the area with vinegar (keep a small plastic dropper bottle of vinegar in your bag, just in case).



2. Don't rub the area, which can make things worse.



3. Use tweezers to pluck away any tentacles still on the skin.



4. Do not scrape the area with a credit card or other stiff card.



5. Do not apply ice or ice packs to a sting. A hot (but not scalding) shower or soak may help lessen pain.



6. Check in with your health care professional to see if pain relievers might help.

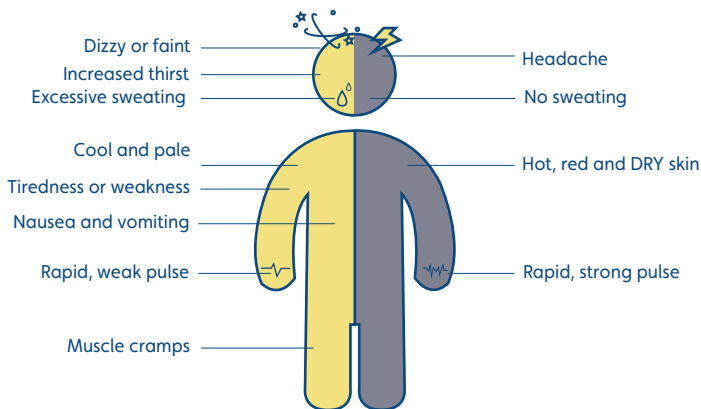


HEAT EXHAUSTION & HEATSTROKE

Heat exhaustion starts slowly and if not quickly treated, can progress to heatstroke. Heatstroke requires immediate emergency medical care and can be fatal.

KNOW THE SIGNS AND SYMPTOMS OF HEAT ILLNESS

HEAT EXHAUSTION HEATSTROKE



HEAT EXHAUSTION: WHAT TO DO



- o Get to a cooler, air conditioned place and rest
- o Sip water if fully conscious
- o Take a cool shower or put cool, wet cloths on the skin

HEATSTROKE: WHAT TO DO



1. Get emergency medical care immediately.



2. Call an ambulance or get someone else to do it.



3. Cool them. Quickly move them into a cooler place, lay them down, remove outer clothing and turn them into the recovery position.



4. Wrap in a cold, wet sheet and keep it wet.



5. Keep cooling them while waiting for help to arrive. If their temperature returns to normal and they no longer feel hot to touch, you can stop cooling them and replace the wet sheet with a dry one.



6. If they are alert, give frequent sips of cool water.



POOLSIDE: SLIPPING INTO THE HOLIDAYS

Actively supervise children whenever near water. Designate a "watcher".



Keep toys not in use away from the pool and out of sight.



Do not enter water after consuming alcohol.



Enter shallow or unknown water feet first. Don't dive.



Always swim with a buddy.



MINOR WOUNDS

Skinned knees, bumps and bruises are often unavoidable in the summer, especially for active kids. **Most minor wounds can be treated at home without the need for further medical attention unless:**

- There is a foreign body embedded in the wound.
- The wound shows sign of infection.
- The wound is from a human or animal bite.



WHAT TO DO

- **Wash** your hands, before treating the wound.
- **Check** that there is nothing inside the wound.
- **Apply** gentle **pressure** with a clean bandage or cloth to stop the bleeding.
- **Clean** the wound under running water and wash the area around it with soap.
- **Pat dry** with clean, non-fluffy material.
- **Apply** an antibiotic **ointment or spray**.
- **Get a tetanus shot** if it's been five or more years and the wound is deep or dirty.
- **Cover the wound** with a bandage or dressing for protection.
- **Change the bandage** regularly.
- Watch for signs of **infection**.



Visit your doctor if the patient

- Has a crush injury, large bruises, continued pain, or swelling.
- Has large, and/or deep cuts that might need stitches, or if the wound is gaping.



Go straight to the ER for major bleeding, or call an ambulance. Continue direct pressure with a clean cloth until help arrives.



DENTAL EMERGENCIES

Dental injuries can happen in playground collisions, car accidents and at swimming pools. We can't always prevent dental trauma so here's what to do if a tooth is knocked out.

WHAT TO DO

If a baby, toddler, or young child injures the gums or baby teeth:

Apply pressure to the area with a piece of cold, wet gauze or ask them to bite down.



Call your dentist.



Give pain medication as needed.



Offer an ice pop to suck on to reduce swelling or hold an ice-pack to the cheek.



Watch for swelling gums, continued pain, a fever, or change in colour of the tooth.



Baby teeth should never be replanted as this can cause damage to the permanent tooth underneath the gum.



If a permanent tooth is chipped or broken:



1. Collect all pieces of the tooth, if possible.



2. Rinse the mouth with warm water.



3. Call a dentist right away to schedule a visit.

If the tooth is displaced, move the tooth to its normal position, especially if it is interfering with a person's bite.



FESTIVITIES, FOOD & FIASCOS: BATTLE THE BUGS

Along with the sunshine and warm weather come bites and stings. Stings and bites can cause anything from short-lived mild irritation to severe swelling and pain. A severe allergic reaction to a bite or sting requires urgent medical assistance.

ALWAYS WATCH FOR SIGNS OF A LIFE-THREATENING ALLERGIC REACTION (ANAPHYLAXIS):

Significant swelling of the face, eyes, lips, tongue and/or throat.



Chest tightness, wheezing, or trouble breathing or swallowing.



Vomiting



Trouble swallowing or speaking.



Dizziness



To keep mosquitoes, bees and other insects away:

Keep flying insects away with insect repellents.



Citronella candles might also help to keep bugs away.



Don't leave sugary foods or drinks out in the open, where they will attract bees.



1. Call an ambulance.



2. Reassure them while waiting for the ambulance.



3. If they have a known allergy and an auto-injector (or EpiPen), help them to use it.

Avoid and teach children to avoid:



Walking barefoot while on grass.



Playing in areas where insects nest or congregate.



Drinking from cool drink cans outside (these attract insects).

FOOD SAFETY

Serve foods safely this holiday

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Take these steps to keep foodborne germs from spoiling your party.



WASH

Wash hands, utensils, cutting boards and kitchen surfaces thoroughly with warm, soapy water before, during and after food preparation.



SEPARATE

- Keep cooked and ready-to-eat foods SEPARATE from raw meat and poultry.
- Use separate cutting boards, plates, and knives.



CHILL

- Keep meat, poultry, and seafood refrigerated until ready to grill.
- For picnics and other outdoor meals, keep cold food in a cooler, filled with ice or frozen gel packs, until just before serving.
- Refrigerate perishable food and leftovers within 2 hours (within 1 hour if it's hotter than 32°C outside.)



COOK

- Cook to a safe temperature to kill germs.
- Keep hot foods hot and cold foods cold.



FESTIVITIES, FOOD & FIASCOS COOKING UP A STORM



BURNS AND SCALDS

Burns happen all too often during the holidays. From kitchen accidents, candles and accidental fires, burns are one of the most common holiday-related injuries.

WHAT TO DO

First stop the burning process by removing the person from contact with flames, hot water or a hot object. Make sure everybody is safe.

- If clothing is burning, smother flames and cool clothing by soaking with water.
- Remove clothing unless it is firmly stuck to the skin.
- Remove jewellery and watches.
- Run cool water over burned skin for 20 minutes.
- Do not use ice or apply any butter, oil, medication, or ointment.
- Cover burns with a loose, light, non-sticky dressing or a clean cloth.



Go to the doctor

- If the burn is deep, raw or blistered (Do not break the blisters).
- If you are not sure how bad the burn is.



Call an ambulance

- If the burns is to the face, hands, feet, or genitals.
- If the burn is large (larger than the size of the victim's hand)

After stopping and cooling the burn, keep the person warm with a clean sheet covered with a blanket until help arrives.



HEART ATTACK

Recognise the warning signs and symptoms:

You may experience one or several of these symptoms



Remember that heart attack signs aren't always severe and sudden, especially in women.

If a heart attack is suspected, Aspirin 300mg should be taken as soon as possible. Seek medical care immediately.

LIFE-THREATENING MEDICAL EMERGENCIES GO STRAIGHT TO THE EMERGENCY ROOM



STROKE

A stroke is caused by a blocked blood vessel or bleeding in the brain. People at risk for stroke include those who have high, uncontrolled blood pressure, high cholesterol, diabetes and those who smoke.

Recognise the warning signs and symptoms:

The signs of a stroke include: A sudden, severe headache, weakness, numbness, vision problems, confusion, trouble walking or talking, dizziness or slurred speech

Remember FAST if you think someone might be having a stroke:



IMMEDIATELY SEEK MEDICAL CARE, IF A STROKE OR HEART ATTACK IS SUSPECTED.



Go to your general practitioner, closest medical centre or emergency care centre.



Call an ambulance.



COVID-19 HOLIDAY PRECAUTIONS

As the COVID-19 pandemic continues, it's important to take care of yourself and those around you. **Be kind, follow the rules, and enjoy the holiday.** With some advance planning and a few precautions, you can have a stress-free trip.

We can think of transmission risk with a simple phrase: time, space, people, place:

The more time you spend and the closer in space you are to any infected people, the higher your risk. Interacting with more people raises your risk, and indoor places are riskier than outdoors.



Intercare Medical and Dental Centres are open during the holidays. You can also book a virtual appointment where you can consult with one of our doctors and get medical care if needed.



PREPARE AND PACK

Pack enough masks and wear them. This along with washing/sanitising your hands frequently and maintaining at least 1.5 meters of distance between yourself and those outside your party are the best ways to prevent infection.

Keep these items handy to keep yourself and your environment clean and safe:

- Hand sanitiser that is at least 70% alcohol.
- Anti-bacterial wet wipes for any surface you may have prolonged contact with (airplane armrests, steering wheels, public toilets).
- Portable soap leaves. Handwashing is much better at eradicating the virus from your hands than simply using hand sanitiser, so if you run into a situation where soap isn't available, these little packets will really come in handy.



ON THE ROAD OR ON A PLANE

- Choose short road trips in a private vehicle with only members of your immediate household. Bring your own food for fewer stops along the way.
- Wipe down your seating area - arm rests and trays on airplanes - and steering wheels and gear levers in cars.
- Clean your car between journeys, especially door handles and seatbelts.
- In hired transfers or e-hailing taxis, it is important to transport the lowest number of passengers possible. Always wear a mask.
- In rental cars, taxis or holiday accommodation, open windows whenever possible to ventilate enclosed spaces.
- Mask up in the airport and on the plane, it's required. You should also wear a mask on public transportation and in any space that's crowded.



HEADING TO THE BEACH OR POOL?

- Do not go to the beach or pool if you feel unwell. Stay home and monitor your symptoms.
- Go to the beach only with members of your household and travel together.
- Practice social distancing. Maintain at least 1.5 metres between you and others.
- Practice beach distancing. Make sure to keep your beach blankets and belongings at least 3 metres away from your nearest neighbour in any direction.
- Do not share beach toys with other groups.
- Bring 70% alcohol hand sanitiser to clean hands frequently.
- If the beach looks too crowded, it might not be safe. Try finding another beach or come by a different day.



FESTIVITIES, FOOD & MORE

- Braais, campfires and picnics: Plan activities that don't require close contact. You may even choose to have everyone bring their own food and drinks or pack food from home.
- Take it to enjoy at your favourite public park or eat out on your patio or deck.
- Wash your hands when you arrive and leave the gathering.
- Avoid crowded indoor activities with poor ventilation. Crowded stores, concerts, or movie theatres can still be risky.
- Dine outside whenever possible. Outdoor patio dining at uncrowded restaurants where patio tables are spaced appropriately is safer than indoor dining. Avoid self-service food and drink options. And remember to wash your hands when you enter and leave.

WESTERN CAPE

BLAAUWBERG

Cnr of Link & Park Roads
Parklands
Cape Town
Tel: 021 521 9000

CENTURY CITY

Central Park on Park Lane
Cnr Century Way & Park Lane
Century City
Tel: 021 879 0000

GEORGE

7 Herrie Street
George
Tel: 044 801 8900

MILNERTON

117 Racecourse Road
Milnerton
Cape Town
Tel: 021 879 5200

PANORAMA

Panorama Healthcare Centre
Cnr Rothschild Boulevard
& Hennie Winterbach Street
Panorama
Tel: 021 879 0400

TYGER VALLEY

43 Old Oak Road
Tyger Valley, Bellville
Tel: 021 943 3500

EASTERN CAPE

GONUBIE

King's Mall
Cnr of Main Road & Gulls Way
Gonubie
Tel: 043 711 4400

SUMMERSTRAND

8th Avenue
Summerstrand
Port Elizabeth
Tel: 041 583 2121

WALMER

Kings Court Mall
Cnr Buffelsfontein
& Titian Roads
Walmer
Tel: 041 395 9600

KWAZULU NATAL

AMANZIMTOTI

MedExcel Centre
24 Prince Street
Athlone Park
Tel: 031 904 7460

WOODBURN

Woodburn Square Shopping Centre
15 Woodhouse Road
Scottsville, Pietermaritzburg
Tel: 033 880 0300

GAUTENG

CASTLE GATE

478 Koedoesnek Ave, Waterkloof Ridge
Castle Gate Lifestyle Centre
Pretoria, Gauteng
Tel: 012 880 6100

FOURWAYS

Cnr of Fourways
Boulevard & Short Street
Fourways
Witkoppen
Tel: 011 745 6700

GLEN MARAIS

Cavendish Glen Centre
127 Monument Road
Glen Marais, Kempton Park
Tel: 011 922 5000

GLENFAIR

Glenfair Boulevard
Cnr of Lynnwood & Daventry Roads
Lynnwood
Tel: 012 368 8800

IRENE

Southdowns Shopping Centre
Cnr of John Vorster Drive & Karee Street
Irene
Tel: 012 685 5500

MALL@55

Cnr Marais Road and R55
Monavoni
Centurion
Tel: 012 880 3000

NORTHRIDING

Northlands Corner Shopping Centre
Cnr Witkoppen Road & New Market Street
Northriding
Randburg
Tel: 010 880 0999

TRAMSHED

Tramshed Shopping Centre
Cnr Francis Baard & Lilian Ngoyi Streets
Pretoria CBD
Tel: 012 880 3600

SANDTON

200 Rivonia Road
Morningside
Sandton
Tel: 010 880 1500

SILVER LAKES

Hazeldean Square
Cnr of Lynnwood & Silver Lakes Roads
Silver Lakes
Tel: 012 809 6000

WILGEHEUWEL

Lifestyle Crossing Centre
Cnr of Hendrik Potgieter Road & Nic Diederichs
Boulevard
Wilgeheuwel
Tel: 011 674 9300

WONDERBOOM

Wonderboom Junction Shopping Centre
Cnr of Steve Biko & Lavender Roads
Wonderboom
Tel: 012 543 4000

WOODHILL

Parkview Lifestyle Centre
Cnr of Garsfontein & Netcare Roads
Moreleta Park
Tel: 012 995 4300

EMERGENCY NUMBERS

Police: 10111
Ambulance: 10177
Cellphone Emergency: 112