

## Summer Holiday Health

### Key messages from UKHSA

#### Rise in measles cases.

- Recent health protection data has shown a rise in measles cases
- Vaccines are the best defence against diseases like measles mumps and rubella and help to stop outbreaks in the community.
- We are reminding all parents and guardians to check that their child/children are up to date with their 2 MMR doses – it's never too late to catch up and people can get the MMR vaccine for free through the NHS whatever their age.
- Social media assets to support messaging can be found [here](#)

#### Being 'tick aware'

- As we head into Summer, it is important to remind people to be tick aware as they head out to enjoy the great outdoors.
- Ticks can carry infections
- Resources, including a Toolkit, leaflet and poster on ticks and tick awareness can be found by following this [link](#)

#### Farm Visits

- Visiting a farm is an enjoyable and educational experience for many people, particularly children. However, it does carry a small risk of catching infection from animals or the environment.
- Farm animals can be the source of several bugs that can pass from animals to humans and cause illness.
- Some of these can be particularly serious for children or pregnant women.

#### Follow these simple hygiene steps to help reduce your risk:

- avoid touching faces or putting fingers in mouths while in farm environments
- don't kiss farm animals or allow children to put their faces close to animals
- wash hands thoroughly with soap and water after touching animals, fences, or other surfaces in animal areas
- don't eat or drink while touching animals or walking round the farm and only eat and drink in picnic areas or cafes

- wash hands thoroughly with soap and water before eating or drinking
- remove and clean boots or shoes that might have become soiled and clean pushchair wheels then wash hands thoroughly with soap and water
- don't use gels or wipes instead of washing hands with soap and water - gels and wipes don't remove E. coli O157
- supervise children closely to make sure they wash their hands thoroughly

## Sun Safety

- The warmer weather means that more of us will be getting out to enjoy the sun, however it is important that we do this safely.
- Sunburn increases the risk of skin cancer - it doesn't just happen on holiday - you can burn in the UK, even when it's cloudy
- Children's skin is more delicate than adult's and can easily be damaged by the sun, even when it doesn't seem strong. Follow the simple advice below so that the whole family can enjoy a sun safe Summer:
  - Slip on clothing – the first line of defence against UV rays
  - Slop on SPF 30+ UVA sunscreen and reapply every two hours
  - Slap on a wide brimmed hat to protect the scalp and shade the face and neck
  - Slide on UV protective sunglasses to protect the eyes
  - Shade – seek shade, when possible, particularly between 11am and 3pm when UV is at its strongest.
- Further information and resources about sun safety and sunscreen can be found by clicking on the links below:
  - [www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety](http://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety)
  - [Sun safety advice for parents | British Skin Foundation](#)