

The NHS needs your help during the hot weather

The NHS in Suffolk is asking members of the public to assist us in our efforts to relieve some of the pressure being placed on the county's two hospitals and the ambulance service due to the current spell of hot weather.

- Please seek treatment for sunburn, insect bites and stings, heat rash, hay fever and other summer conditions from your local pharmacy – they don't require an appointment and are often the best place to go for advice, prevention remedies and treatments
- If you suffer from asthma or hay fever please stay aware of the pollen count and ensure you have supplies of the right medication for your condition
- Stay 'sun safe' by using sunscreen with an SPF of 15+ as sunburn is not only painful it can increase your risk of skin cancer
- Please ensure that any older people you care for or are friendly with are drinking enough fluids during the current hot weather as they are susceptible to dehydration. This particularly applies to those with Alzheimer's or who have previously suffered a stroke. Medicines such as diuretics and laxatives may increase the likelihood of dehydration and those who are incontinent might limit their fluid intake

You can read useful hot weather health advice from local GPs [HERE](#)

You can read advice on spotting the signs of dehydration [HERE](#)