

## **SUNBURN AND DEHYDRATION**

**Many Europeans underestimate the strength of the SUN.**

About 2,000 people die from malignant melanoma every year in the UK and world wide the number of cases is rapidly rising.

At the beach, you can spend several hours in the sun, so protecting yourself from the sun's harmful rays is vital. A wide-brimmed hat, sun cream of at least factor 30 that is applied regularly and after-sun lotion will ensure your beach experience isn't ruined by sunburn, dehydration or worse.

### **Sunburn**

Sunburn is skin damage caused by ultraviolet (UV) rays in sunlight. Your skin overheats and becomes red and painful and may later peel or blister.

Don't go back into the sun until the sunburn has healed. Drink plenty of fluids to replace the water lost through sweating in the sun and to cool down.

Apply calamine or after-sun lotion. For adults, painkillers such as paracetamol or ibuprofen can help relieve pain and reduce swelling.

### **Heat Exhaustion**

Heat exhaustion occurs when the body is unable to control its temperature due to overheating.

Symptoms include headaches, dizziness, nausea and vomiting, muscle weakness or cramps, tiredness and high temperature.

Remove any excess clothing and to cool your skin down, shower or sponge yourself using lukewarm water.

### **Heatstroke**

If it's not treated, heat exhaustion can develop into heatstroke, which can occur suddenly and with little warning.

In addition to the symptoms of heat exhaustion, other signs of heatstroke include confusion, hallucinations, unconsciousness, palpitations, flushes and hot and dry skin.

### **Dehydration**

The severe vomiting and diarrhoea caused by the norovirus can lead to dehydration (a lack of fluid in the body).

Dehydration occurs when the normal water content of your body is reduced. If you are thirsty, you're already likely to be suffering from the effects of dehydration.

The signs of dehydration include dry mouth, lips and eyes, clammy hands and feet,

headaches, light-headedness, and concentrated, dark urine with a strong odour.

A sweet drink, such as cola, can be useful for replacing lost sugar, but lots of water is the best way to rehydrate. A salty snack, such as a packet of crisps, can help replace lost salt.

### **Children, The Elderly and Dehydration**

Dehydration is more of a risk in the very young and the elderly. The elderly don't perspire enough, so they take a risk if not drinking at least 1 - 1,5 litres of fluids daily, especially in hot summertime.

Please be aware that babies need more drinking (water) in warm summertime.

Symptoms of mild dehydration include:

- dizziness or light-headedness
- headache
- tiredness
- dry mouth, lips and eyes
- dark, concentrated urine
- passing only small amounts of urine (fewer than three or four times a day)

When you are severely dehydrated, you may experience more extreme symptoms such as dry, wrinkled skin, an inability to urinate, a weak pulse and low level of consciousness.

Mild dehydration is common and can be easily reversed by drinking lots of fluids. However, severe dehydration can lead to serious complications and can even be fatal in some cases.

If you or your child have any of the symptoms of severe dehydration after catching a norovirus infection, seek medical attention with your GP or SOS Médicos 24HS as soon as possible.

The symptoms of a norovirus infection usually start one to two days after becoming infected, but they can start after 12 hours.

The first symptom is usually a sudden onset of nausea, which is followed by projectile vomiting and watery diarrhoea. Some people may also have:

- a raised temperature (over 38C/100.4F)
- headaches
- stomach cramps
- aching limbs

Symptoms normally last from 12 to 60 hours but most people make a full recovery within two to three days. There are no long-lasting effects from having a norovirus infection.