



GMC: Newsletter

November 2017

TOPIC OF THE MONTH

SUMMER SAFE 101 (PART 1)

1. SAFE SWIMMING.

Let's do our utmost to STOP children drowning this summer – in pools at home, the local Swimming pool, creeks, dams or at the beach.

Such deeply distressing tragedies may be prevented by a responsible adult, supervising the activity, and to prevent risk-taking behaviour. *The Adult should remain sober and be willing to assist with a rescue.*

It is too easy at the pool side to become distracted, have a drink or take your eyes off the kids.

At the beach, we have surf Life Guards who act as responsible adults. Always remember to swim on patrolled beaches and swim between the flags.

Being able to swim is a life skill every child should have as it is the biggest contributing factor to a child's safety in the water.

Everyone should learn to do CPR, that is chest compression and mouth to mouth. It could save a life.



2. SLIP, SLOP, SLAP.

Sunshine is divine, but we should take care not to get too much of the good stuff. Sunburn, apart from being very uncomfortable, can lead to skin cancer!

TIPS for SUNBURN (If you do get a little too much your skin gets dried out and burned.)

- ❖ Cold Packs – Apply to area of burn (don't forget to use a cloth under it)
- ❖ Moisturiser – used frequently
- ❖ Antihistamine – to reduce itching.
- ❖ Water – drink plenty (your skin got dried out)
- ❖ Stay out of the sun – it will make it worse
- ❖ If severe - see your Doctor!
- ❖ ***Resolve to not get burnt again. (Personally I have learnt my lesson.)***



For more information go to - www.watersafety.com.au

VACCINE NEWS:

ATTENTION! ATTENTION!

- **Zostavax (SHINGLES) vaccine.**
Currently 70 – 79 year olds eligible for **free** vaccine. Reduces your chance of shingles by 70%

The Government catch up for some Vaccines is coming to an end.

- **20 year old and under Catch – up program will cease on 31/12/2107**

Make sure you check if your Teenager is fully immunized.
The Government is offering **free catch up** vaccines for all national immunizations program vaccines.

- **Meningococcal ACWY for TEENS.**

Meningitis is a sudden and severe disease which takes lives! Protect our TEENS and the community – have the ACWY meningococcal vaccine **while it is free** for 15 – 19 year olds.

*Your Team at Gracemere Medical Centre is keen to assist you in your best health outcomes. **Talk to us today!***

Gracemere Medical Centre News:

November – Gracemere Medical Centre supports Men’s Health. Please encourage men to take action to live happier, healthier and longer lives.

