

GMC: Newsletter

December 2017

Topic for the month Summer Safe #2 (Part 2)

1. Travel Safe

Prepare for your Road trip.

Consider where you are going and how long it will take. Can you be delayed by roadworks, flooded creeks or bad weather? Take food and plenty of water in case of delays. Always have extra water for the radiator or emergencies. Have a set of overalls or old cloths to change that flat tyre. Have a first aid kit for mishaps and accidents.

Carry a vomit bag. (Once missed never forgotten)

Remember as the weather warms up that temps tend to flare. So recognise the signs of rattiness and avoid getting aggressive.

Keep Cool physically and emotionally to avoid domestic violence, road rage and coward punches.

2. Travel well, Stay well

We tend to be more adventurous on holidays. This can include what we are eating and drinking.

Hygiene is a must to have a gastro free holiday.

- Keep cooked and uncooked meat separate
- Ensure your chicken and seafood are well cooked. Seafood can be delicious but must be well cooked.
- Keep food well refrigerated and avoid eating food when too old.
- Keep food covered to avoid flies.
- Wash hand prior to food preparation, and before and after meals.

If unfortunate enough to become unwell with vomiting and diarrhoea.

Keep up your fluids, especially ½ strength staminaid, gatoraid, Power aid or Gastrolyte. If you are passing normal amounts of urine you are winning the battle and things should settle in a day or two.

If things go from bad to worse seek advice.

If traveling overseas...seek advice early for medication of vaccinations.

Wisdom Words by Dr John.....Be vigilant, take care of one another and have a safe summer



Vaccine News:

MMR (Measles, Mumps and Rubella)

If you were born after 1966, (younger than 51 years old) and cannot remember having 2 measles, mumps and rubella vaccinations, come in and have a **FREE catch up.**

The incidence of measles has been increasing, with out-breaks throughout parts of Australia this year.

Part of the problem is under vaccinated oldies and teens.

Check your status and if uncertain come in and Boost your Immunity.

Vitally important for those who are around young children or becoming Grand Parents.

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

Gracemere Medical Centre News:

We have got a new Female GP starting later in January 2018. We will welcome Dr Charlind Dindial to our team. Please make her feel welcome when you see her in the surgery.

Christmas greetings and Have a Great New Year!

