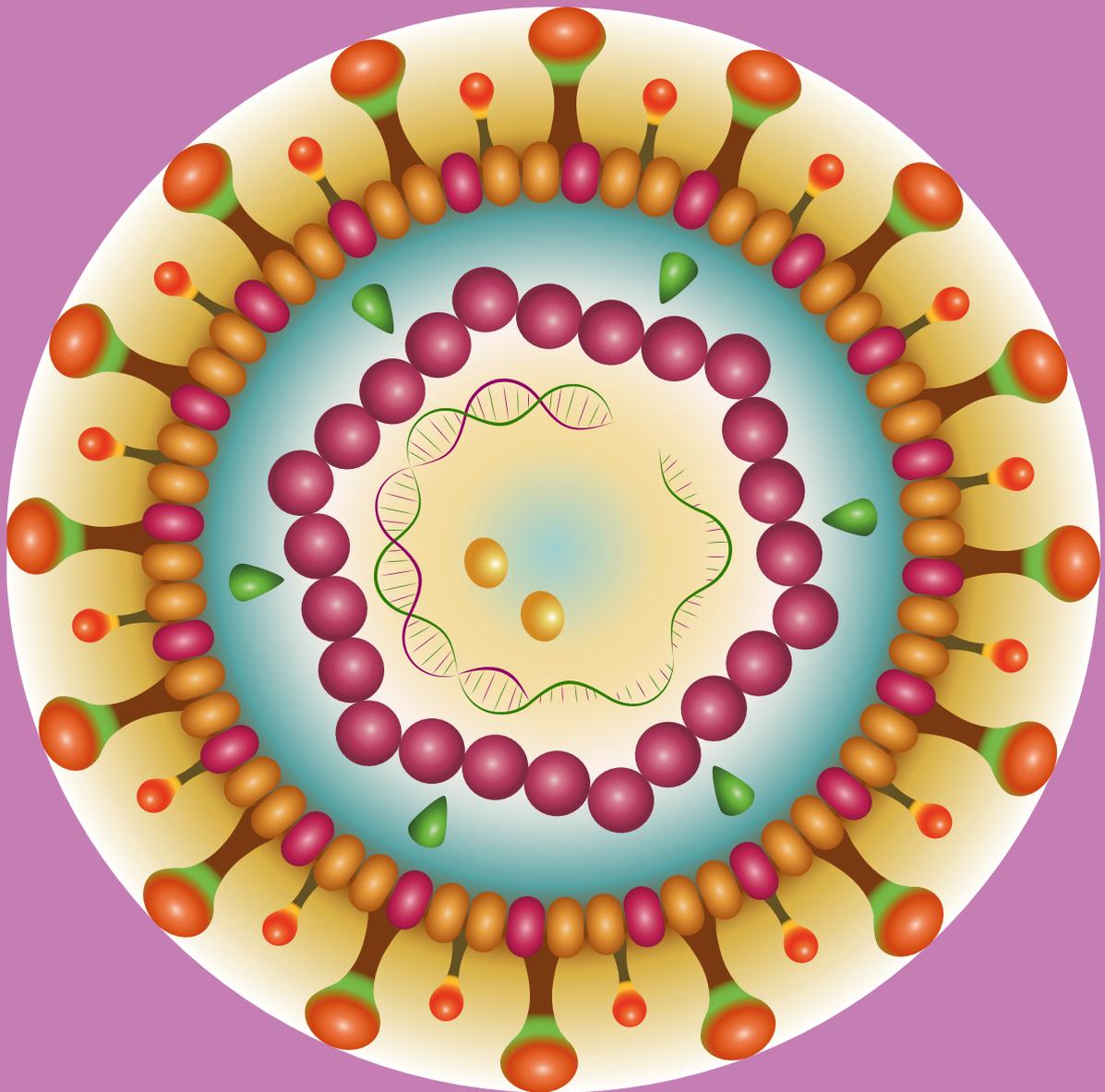


YOURHEALTH

Duradiamond Newsletter July 2019



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General travel tips for the summer

- Protect yourself from the sun's harmful UV rays by spending time in the shade when the sun is at its strongest (between 10am and 4pm) and use sunscreen to prevent burning. The paler your skin, the more protection you will need to prevent burning
- People who burn easily should always use a minimum SPF of 30 and a 4-star UVA rating during the summer. You should never use sunscreen in order to spend longer in the sun
- Cover commonly burnt areas like the shoulders and face with clothing and a hat
- It is recommended that you should drink at least 8 glasses of water per day. This is in addition to any other drinks you may have
- Watch your alcohol intake. Men and women should have no more than 14 units a week
- Check before you go if you need any vaccinations - and get them
- Make sure you packed your passport if you're travelling overseas!



FATIGUE

We all feel tired occasionally. Usually this is down to burning the candle at both ends, whether it be due to too many late nights, a heavy workload or a new baby. However, if you keep feeling tired, you should try to figure out what is really making you so. It can be helpful to think about:

- Parts of your life, such as work and family, that might be particularly tiring
- Events in your life that make you tired, e.g. relationship problems
- How your lifestyle may be making you tired.

It may be helpful to talk to your GP / occupational health provider. They will look at the psychological, physical and lifestyle causes of tiredness. These can include:

- Stress, anxiety or depression
- Physical causes such as anaemia, an underactive thyroid or sleep apnoea
- Too much alcohol, caffeine or your unsociable hours of work.

Sources: NHS Choices, DHC, National Sleep Foundation, Sleep Council, Medical News Today.