



Summer update

Public health

July 2025



*We want everyone to have fun
and stay safe over the holidays...*

Dear parents and carers

As we head into the summer holidays many of you will be planning days out to the coast and water parks, wildlife parks and petting farms. Please have a read and share our advice to keep your loved ones safe and well.

Remember to get medical advice from a trusted health professional, GP, local pharmacy, NHS 111 (call or online) or the NHS website www.nhs.uk

You can also find local health advice on the Humber and North Yorkshire Health and Care Partnership website: www.letsgetbetter.co.uk

Thank you

**East Riding of Yorkshire Council
Public health team**

Water safety



The sea, rivers, lakes and swimming pools can be a fun way to cool down when the weather is hot, however please make your family aware of the risks. Showing off or daring friends to do something unsafe is not worth the risk. **If you end up in difficulty – remember ‘Float to Live’.**

Let's keep everyone safe when swimming at the seaside or in water:

- Keep young children at arm's reach – drowning can still happen in shallow water or paddling pools
- Don't ignore warning or guidance signs
- Only go in the water in areas with a lifeguard
- Be aware that open water can be much colder than it looks and can lead to cold water shock
- Get out of the water as soon as you start to feel cold
- Never enter the water after any alcohol
- Always swim parallel with the shore, not away from it
- Always go swimming with someone else
- Check swimming water quality using the Environment Agency's online tool Swimfo

Read more on the Royal Life Saving Society (RLSS) website:
www.rlss.org.uk/summer-water-safety

How to beat the heat...

Babies, young children and older people are more likely to be unwell from hot weather because their bodies are less able to control their temperature.



- **Keep out of the sun** at the hottest time of the day, between **11am and 3pm**
- Don't forget a wide brimmed/floppy **hat and sunglasses** and **seek shade** when you can
- **Apply sunscreen generously and re-apply frequently**, especially after swimming. This should be a sun protection factor (SPF) of at least 30, and 4 or 5 star ultraviolet A (UVA) protection
- **Drink plenty of fluids** – water and diluted squash or milk are good choices (fruit juice/soft drinks can dehydrate the body). Dehydration symptoms can include dark, strong-smelling urine
- Keep your home cool by closing windows and curtains in rooms that face the sun
- Babies under 6 months old should be kept out of direct sunlight – use a parasol or sunshade
- Do not cover your baby's pushchair or pram with a blanket or muslin, instead let the air flow – check on them regularly to make sure they are not overheated. This is also the case in stationary cars which can easily overheat
- Know the symptoms of **heat exhaustion** – this can include feeling faint, a headache, muscle cramps and feeling or being sick
- If it develops into **heatstroke** this can include **confusion, fast breathing or heartbeat, a seizure or fit** and is classed as a medical emergency. **Call 999 in this situation** and try to cool the person down (drink cool water or a sports/rehydration drink, or eat cold and water rich foods like ice-lollies and apply cool water by spray or sponge to the skin).

Read more on the NHS website:

www.nhs.uk/conditions/heat-exhaustion-heatstroke



Farm and wildlife parks



Signs about hand washing before and after touching animals are there for a reason – please make sure that everyone follows this advice to keep safe from any germs or nasty bugs:

- Try not to touch your face or put fingers (and thumbs!) in mouths when you are touching animals or fencing
- Animals don't need kisses or to be up close to children's faces – keep a safe distance
- Wash hands well with soap and warm water after touching animals, fences or other surfaces near animal areas
- Wash hands well with soap and warm water before eating or drinking
- Please don't eat or drink while touching animals or walking round a farm or zoo – only eat and drink in picnic areas or cafés
- Remember hand gels or wipes don't remove E. coli or Cryptosporidium bacteria which can make someone poorly
- Wash hands with soap and warm water if you can and make sure children wash their hands properly as it's easy for them to get excited and forget the basics
- If someone in your family picks up an infection – which could include diarrhoea, stomach cramps or a fever, for advice **call** your local pharmacy, NHS 111, GP or visit the NHS website: **www.nhs.uk/conditions/diarrhoea-and-vomiting**



If anyone feels unwell within 2 weeks following a farm visit, contact your GP or call NHS 111 as soon as possible.