6 November 2017

**It’s time to get hydrated! : Slip, slop, slap, seek, slide and introducing sip!**

Summer is almost here and it’s a great time to remind residents about sun safety and the five S’s of summer slip, slop, slap, seek and slide.

Most of us know we need to slip on sun-protective clothing, slop on SPF30 (or higher) broad-spectrum water-resistant sunscreens, slap on a broad-brimmed hat, seek shade during peak UV exposure times and slide on sunglasses.

While these are the traditional sun safety messaging, it’s important to also be aware of heat related illness, and be sure to ‘sip’ hydrating fluids to prevent dehydration.

Sunshine Coast Hospital and Health Service (SCHHS) public health registrar Dr Shaun Hosein said that summer was a peak time for sunburns, irreversible sun damage and dehydration.

“Queenslanders have the highest rates of skin cancer in the world, with two in three Aussies diagnosed with skin cancer by age 70. Summer is a time to remind ourselves of the importance of sun protection and early skin checks,” Dr Hosein said.

“In summer our UV index (available in newspapers and phone apps for free) is extreme even from early in the morning and on cloudy days.

“While enjoying the outdoors it’s easy to forget about your hydration, which can result in dehydration and heat related illness.

“It is important to maintain your hydration, and drink up to 3 litres of water a day if you don’t have any fluid limiting medical illness. Be sure to limit soft drinks, tea, coffee, and alcohol, since these can worsen dehydration,” he said.

Dr Hosein said heat related illness could occur with prolonged heat and sun exposure, and minimal hydration.

“It can be as minor as a heat rash, but can lead to life threatening heat stroke,” he said.

“It is important to be aware that babies, young children and the elderly are more susceptible to heat-related illness and to be extra vigilant around these individuals.

If you begin to experience heat related illness it’s important to get out of the sun, cool down, and hydrate. If there are immediate medical concerns seek medical attention immediately by calling 13 HEALTH or 000.
Early signs of heat stress:

- rising body temperature
- dry mouth and eyes
- headache
- shortness of breath
- vomiting
- absence of tears when crying

Top tips for sun safety:

- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade
- slide on sunglasses
- sip hydrating fluids!

More information


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