



August 4th, 2012

Stay Safe This Summer

As things heat up, many of us travel and enjoy the great outdoors. Remember to protect yourself and take a few precautions - so you have fun, but you remain safe.

Wear sunglasses

When you head out to enjoy the great outdoors, remember your eyes! Sunscreen and insect repellent top everyone's list, but your eyes are also susceptible to sunburn and injury. Sunglasses help protect your eyes from the sun's rays – both direct and reflected from surfaces, such as water – and choosing a pair suited to your activity can reduce the chance of a fall, or worse, causing long-term damage.

Choosing sunglasses can be a confusing experience. The darkness of the lens does not correlate to the effectiveness in blocking UV light – nor does the price! Read the label: a good general purpose lens will block 95% of UVB, 60% of UVA and 60-90% of visible light. Amber or mirrored lenses are cosmetic, but polarized lenses do reduce glare and polycarbonate lenses can protect your eyes from physical injury.

What's hiding in your water?

It's camping season, but don't get too carried away when getting back to nature! That stream water may look pristine, but it could be harbouring unexpected illness such as giardiasis or cryptosporidiosis. Symptoms can take 2-3 weeks to appear and include cramps, diarrhea, headache, nausea and vomiting. Illness can last 2-4 weeks. Use bottled water or boil the water for at least 1 minute.

Travelling with prescriptions

Prescriptions can be a concern when travelling. Don't pack them in your checked bags – keep them in original, labelled containers and divide them between carry-on bags in case one goes missing. Discuss dose times, storage or special circumstances (increased risk of sunburn?) with your pharmacist before leaving. And, be sure to keep a printout of your medications/doses/instructions and your physician's contact information.

Our pharmacists can help you travel well with your prescriptions as well as advise you about any other over-the-counter remedies to take along for a travel first-aid kit. Have fun, but remember to take a few precautions so you can be safe.