

## **News release**

Thursday August 4, 2011  
For immediate release

### **Keep your cool at Caribbean Carnival**

People in the city are being encouraged to protect themselves and their families from heat related illnesses this weekend.

With thousands of people looking forward to enjoying the atmosphere of the Caribbean Carnival on Saturday August 6, NHS Leicester City and NHS Leicestershire County and Rutland is reminding people to pack sun cream and drink plenty of fluids as the MET office predicts more humid weather.

Both trusts are reminding people not to go to A&E with sun related illnesses and to seek advice from a local pharmacist or GP. Heat stroke can be fatal in the young and elderly and those with long term health conditions.

Ivan Browne, public health consultant speaking on behalf of both trusts, said: "The Caribbean Carnival has proved to be a very popular and enjoyable event in the city but it's also important that, with the predicted humid weather, people remember to protect themselves from long periods of sun and heat exposure by packing and using essentials such as sun cream, a sun hat and plenty of fluids such as water and fruit juices.

"For anyone who ends up suffering some of the symptoms from being in the heat such as dehydration, heat or sun stroke, in the first instance we are encouraging them to seek advice from their local pharmacist rather than going to accident and emergency department. If the symptoms are in a young child, an elderly family member or someone with a long term health condition, they should seek advice from their GP immediately or call NHS Direct."

Ivan's tips to stay protected include:

- Wear a good quality sun cream
- Take a sun hat
- Take plenty of water and fruit juices with you
- Try not to expose yourself to long periods in the heat of the day between 11am-2pm

For more information on the carnival go to [www.leicester.gov.uk](http://www.leicester.gov.uk) or for further advice on where to go to get the right treatment if you feel unwell in the heat this summer log onto [www.leicestercity.nhs.uk/choosewell](http://www.leicestercity.nhs.uk/choosewell).

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**For interviews or more information please contact press officer Liz Thomas on 0116 295 4123 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk)**

Notes to editor:

NHS Leicester City is the operating name for Leicester City Primary Care Trust.

NHS Leicestershire County and Rutland is the operating name for Leicestershire County and Rutland Primary Care Trust (PCT).

Symptoms of heat stroke and sun stroke are similar:

- high body temperature: having a temperature of 40 °C (104 °F) or above
- heavy sweating that suddenly stops: if the body is unable to produce any more sweat then this is a big warning sign that the body has become over-heated and dehydrated
- a rapid heartbeat
- rapid breathing
- nausea
- headache
- muscle cramps.