

SEEK SHADE

- ☉ Staying in the shade is one of the most effective ways of reducing exposure to UV radiation.
 - ☉ Plan activities to avoid exposure to UV radiation when it is at its highest, between 11am and 3pm.
- Any shade will do, use a portable umbrella when on the beach.

PROTECT YOUR EYES

- ☉ Wear sunglasses that have a high protection against UV rays. Check label for standards:
BS Standard: BS 27 24 19 87
EU Standard: EN 1836

AVOID SUNBEDS AND SUNLAMPS

- ☉ Both increase your risk of skin cancer. If you want to protect yourself from skin cancer, don't use them!!!!

SUNBURN

Sunburn is caused by exposure to UV radiation, mainly UVB. Sunburn usually fades with time but the damage to your skin can be permanent, it also can be very painful.

IF YOU GET SUNBURN:

- ☉ Stay out of the sun completely until all the redness has disappeared.
- ☉ Use a good sunburn treatment. Lotions, gels and creams are all available from the pharmacy. Products containing Aloe Vera are very effective at reducing redness and helps repair damaged skin.
- ☉ As the pain and redness begins to disappear, apply a good moisturiser or aftersun to the damaged area.
- ☉ Drink plenty of water.
- ☉ If sunburn is severe, or you have headaches, nausea, vomiting or dizziness, then you need to get professional advice from your pharmacist or GP.

CONTACT INFORMATION

RATHANGAN

Tel: (045) 524747
Fax: (045) 528706

EDENDERRY

Tel: (046) 9731046
Fax: (046) 9773853

RHODE

Tel/Fax: (046) 9737744

DERRINTURN

Tel/Fax: (046) 9552988

DAINGEAN

Tel/Fax: (057) 9353767

WEBSITE

www.ryanspharmacy.ie

EMAIL

info@ryanspharmacy.ie

Holiday Checklist

RYAN'S
PHARMACY

TANNING AND FAKE TANS

You can still suffer sunburn if you have a tan already.

A tan is a sign that the skin is already damaged.

Tanning creams and lotions are a healthier and safer option for getting a tan/bronzed colour.

Remember: Tanning products do not contain SPF, and therefore if you are going out into the sun you must use sunscreen.

caring for life...



Holiday

CHECKLIST

Use our checklist to ensure you pack everything you need for your holidays.

(Please Note: Suggested products may vary depending on personal circumstances. Ask your pharmacist to recommend the most suitable products for you).

- ⊙ **SUN CREAM** - ask our trained staff to help you choose the correct sun protection for you and your family.
- ⊙ **AFTERSUN**
- ⊙ **MOISTURISER**
- ⊙ **CLEANSING WIPES**
- ⊙ **SHAMPOO AND CONDITIONER**
- ⊙ **TOOTHBRUSH AND TOOTHPASTE**
- ⊙ **DEODORANT**
- ⊙ **COTTON WOOL, COTTON BUDS AND TISSUES**
- ⊙ **SUNGLASSES**
- ⊙ **CAMERA** - see our 3 for 2 special offer on single use cameras.
- ⊙ **TRAVEL SICKNESS** - Stugeron, Sea-legs
- ⊙ **DIARRHOEA, WIND, STOMACH CRAMPS AND BLOATING** - Imodium Plus, Arret
- ⊙ **BLOATING AND QUEASINESS** - Motilium
- ⊙ **CONSTIPATION** - Senokot, Dulcolax
- ⊙ **REHYDRATION** - Dioralyte or Rapolyte Sachets
- ⊙ **HEARTBURN AND INDIGESTION** - Zantac, Pepcid Two
- ⊙ **ANTIHISTAMINE TABLETS** - Zirtek, Clarityn
- ⊙ **ANTIHISTAMINE NASAL SPRAY** - Beconase, Flixonase
- ⊙ **INSECT REPELLENT** - Jungle Formula Lotion or body spray

- ⊙ **INSECT BITES AND ITCHY SKIN** - Anthisan and Cortopin
- ⊙ **SUNBURN** - Aloe vera gel, Aftersun
- ⊙ **COLDSORE TREATMENT** - Zovirax, Viralief
(Did you know the sun can trigger coldsores?)
- ⊙ **PAIN RELIEF** - Panadol
- ⊙ **CHILDREN'S PAIN RELIEF** - Calpol
- ⊙ **PLASTERS AND DRESSINGS**
- ⊙ **ANTISEPTIC CREAM AND WIPES**
- ⊙ **CONTRACEPTION**

If You Are Travelling Long-haul, Speak To Our Pharmacist For Advise On Vaccinations, Inoculations And Malaria Prevention.

Don't forget to...

- ⊙ To pack your prescription medicines in your hand luggage so you can reach them easily.
- ⊙ To make sure you have enough of your prescription medicines to cover the length of your holiday.

RYAN'S PHARMACY Guide to SUMMER SUN

Ryan's Pharmacy gives you valuable information and advice on the prevention of skin cancer.

Did you know: Skin cancer is by far the most common cancer in Ireland. The good news is that, with advice from Ryan's Pharmacy, you can greatly reduce you and your families risk of skin cancer.

Some facts about skin cancer:

- ⊙ Up to 90% of all skin cancers are preventable.
- ⊙ About 80% of the suns rays can pass through clouds, so on a cloudy day you need to take care.
- ⊙ Sun damage to the skin is permanent. It also builds up year on year.

- ⊙ Ultraviolet Radiation from sunlight and sun beds/sunlamps is the main risk factor for skin cancer.
- ⊙ Skin damage is caused by exposure to ultraviolet rays, which are strongest from 11am to 3pm. This is not related to the hottest part of the day, which is usually later in the afternoon.
- ⊙ Skin cancer is very curable if caught early, so checking your skin is vital.

In Ireland

- ⊙ The number of skin cancer cases is rising every year.
- ⊙ We have one of the highest skin cancer rates in Europe.
- ⊙ Two-thirds of Irish people have a higher risk of developing skin cancer because of their skin type.
- ⊙ Having a tan has become more fashionable, therefore putting us at a greater risk of developing skin cancer in later years.

SunSmart

For the best way to protect your skin simply follow the SunSmart code:

COVER UP

- ⊙ Wear a wide-brimmed hat or a neck flap to protect your neck.
- ⊙ Wear a t-shirt or shirt with a close-weave material.
- ⊙ For babies and young children it is essential to keep them covered at all times.

USE SUNSCREEN

- ⊙ Use a broad-spectrum sunscreen with a high Sun Protection Factor (SPF) of 15 or higher and it should have at least a 4-star rating.
- ⊙ Make sure it protects from both UVA and UVB radiation.
- ⊙ Put sunscreen on at least 20 minutes before going out.
- ⊙ Reapply sunscreen every 2 hours. Put it on more if you have been swimming or sweating.