

The arrival of summer brings seasonal changes that can make some people vulnerable to certain illnesses. Some tips for managing common illness this summer:

Insect bites and stings: Most insect bites and stings are not serious, and symptoms will get better within a few hours or days. Occasionally, they can become infected, cause a severe reaction or spread serious illness. To find out more about simple precautions to take to reduce the risk of being bitten or stung by insects and what first aid measures to be taken, please visit the HSE website <https://rb.gy/y1c7h>

Lyme disease: With improving weather, many people are pursuing outdoor recreation. This can expose our patients to a risk of Lyme disease. The vector, infected ticks, should be removed with care to reduce transmission risk. The likelihood of transmission of Lyme disease is very low if the tick is removed within 36 hours. In such cases, antibiotic prophylaxis is not indicated. Early Lyme disease is a clinical diagnosis, and treatment decisions should be made without recourse to laboratory results. Details about tick removal, prophylaxis, testing and treatment are available on <https://rb.gy/bo96t>