

HEALTHY AND PROTECTED WHEN TRAVELLING

1. Summer and heat
2. Sunburn and swimming
3. Swimming
4. Infectious diseases, travel protected

Summer holidays are approaching. It is always important to be well prepared and enjoy the beautiful summer weather on the beach, in the forest or in the park.

1. Summer and heat



Lovely enjoying summer weather. However, it soon becomes too hot when the temperature stays above 25 degrees for a long time. This can cause unpleasant symptoms, such as overheating. Also in children.

What is the best thing to do for children in heat?

- **Be prepared:** make sure children always have water with them to drink and follow the weather forecast.
- **Make children drink: offer them something to drink every hour, even if they are not thirsty. Above all, let children drink water that is not too cold.**
- **Keep children cool:** let children wear sunglasses and a hat or cap, allow children to refresh themselves, provide light and airy clothes, let children play outside at cooler times and/or in the shade.
- **Keep the building cool:** Make maximum use of blinds and keep curtains closed as long as the sun shines, open windows and doors as long as it is cooler outside than inside.

For more information about heat (in Dutch) : [Hitte en Gezondheid · GGD Leefomgeving](#)

2. Sunburn and swimming

Enjoying the sun and water, lovely. Unfortunately, the risk of sunburn is a bit higher.



Grease children well: good protection is important, especially for children. If a child burns, the chances of developing skin cancer later double.

- Grease children well with sunscreen with a high factor (30+),
- Stay out of the sun between twelve and three as much as possible and
- Wear protective clothing.

In case, your child is sunburned:

- Get out of the sun and cool the skin
- Stay out of the sun to allow the skin to recover or wear protective clothing
- If the skin is badly burned, a blister may form. Do not puncture it yourself, but go to the GP or the emergency room

For more information (in Dutch) : [Uv-straling en gezondheid · GGD Leefomgeving](#)

3. Swimming

Swimming offers coolness. However, you cannot swim safely everywhere. Not every natural water in the Netherlands is suitable for swimming.

Want to swim safely and healthy? Then choose official swimming water.

- Find a place near you at: www.zwemwater.nl For more information: [Zwemwater en gezondheid · GGD Leefomgeving](http://Zwemwater.en.gezondheid.GGD.Leefomgeving)
- Bathing water and blue-green algae [Zwemwater en blauwalg \(ggdleefomgeving.nl\)](http://Zwemwater.en.blauwalg.ggdleefomgeving.nl)
- More tips on safe swimming: Safe swimming in the sea or recreational lake | Children's safety.nl [Veilig zwemmen in zee of recreatieplas | Kinderveiligheid.nl](http://Veilig.zwemmen.in.zee.of.recreatieplas.Kinderveiligheid.nl)


4. Infectious diseases, travel protected

Are you travelling in the Netherlands or within Europe?

There are outbreaks of measles in the Netherlands, Europe and elsewhere.

The youth physician or youth nurse can give you advice on how to protect yourself against this highly contagious disease. For example, they know a lot about the BMR vaccine (against mumps, measles, rubella).

Vaccination appointment for your child?

- Is your child younger than 8 years old contact the Front Office on:  023-7891777, to make an appointment within the [Dutch National Immunisation Programme | Rijksvaccinatieprogramma.nl](http://Dutch.National.Immunisation.Programme.Rijksvaccinatieprogramma.nl)
- Is your child 8 years or older to 18 years (year of birth 2015 and older) you can make an appointment online via: [Vaccinaties jeugd | GGD Kennemerland](http://Vaccinaties.jeugd.GGD.Kennemerland)

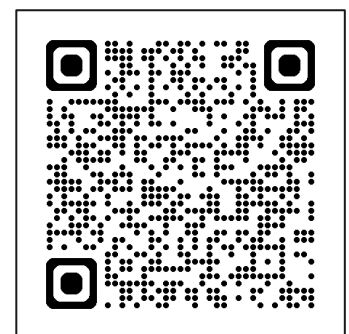
Travelling outside Europe? Think of travel vaccination



- Vaccinations for adults
- Vaccinations for children outside [the National Vaccination Programme](http://the.National.Vaccination.Programme).

Look for traveller's vaccinations on our website

- [Healthy when travelling | GGD Kennemerland](http://Healthy.when.travelling.GGD.Kennemerland) (Dutch) or
- Scan the QR code for more information or
- Contact the Travelers Advice Department for advice.



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Translated by deepl