



Holiday Handbook

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MESSAGE FROM THE CHAIRPERSON

The summer holidays are ALL about celebrating with loved ones, after the long busy year we've just had. It's also the time that many of us take a much-deserved break to soak up some sun, or unwind with a good book. The key is to take quality time off, and to enjoy your free time by doing things that YOU love to do.

Whatever you do, we hope that you will do it safely so that we can see you back safe and sound in the new year.

Happy holidays!

Ms Tebrita Fritz

CHAIRPERSON: MBMed



BE SUNSMART

ALL SKIN TYPES SHOULD:



Avoid direct sunlight between 10:00-15:00. Stay in the shade as much as possible.



Wear protective clothing such as wide-brimmed hats and UV-protective clothes/swimsuits.



Wear sunglasses with a UV protection rating of UV400.



Always apply sunscreen regularly (SPF20-50, according to skin type).



Avoid sunbeds and sunlamps.

BE SUNSMART

WARNING SIGNS FOR SKIN CANCER

A

A-symmetry – a mark with one half unlike the other. Common moles are round and symmetrical.

B

Border irregularities – scalloped or poorly defined edges. Common moles are smooth and with even borders.

C

Colour changes – tan, black, brown, red, white, blue. Common moles are usually a single shade of brown or black.

D

Diameter – larger than 6mm.

E

Evolve – grows bigger and becomes more prominent.



ARRANGE DOWN-TIME FROM TECH



It is important to schedule time away from the technology that has taken over our lives.



Schedule time during which you will keep your tech switched off each day. Better yet, switch off your cellphone for a few days!



Shut down the computer and ignore your emails for as long as you can.



Give social media and television a break – even if only for a few days.



REFRESH YOUR MIND AND SOUL



Make family memories by involving the young ones in festive preparations, and sitting down and chatting with parents and grandparents. They will all appreciate the quality time spent with you far more than any gift you bought them.



Forget about 'multitasking' for a while and focus completely on whatever you are busy with at any given time, whether it is preparing or eating food, or having a real conversation with your loved ones.



REFRESH YOUR MIND AND SOUL *CONTINUED*



Focus on what you have, rather than what you don't have. Every night, before you go to sleep, do a mental rerun of your day and focus on those things that you can be grateful for.



Don't stop at making exciting and fun plans for the festive season and the public holidays, but also think of something you would enjoy doing (or start doing) in 2024 that will make your life more rewarding and enjoyable, into the future.



TIPS TO ENJOY THE FESTIVITIES AND STILL BE HEALTHY

Go for quality rather than quantity and do your best to cut back on especially processed foods high in sugars or unhealthy fats. For example:



Buy real fruit juice, rather than sugary sodas. Even better – mix some rooibos tea, fruit juice, lemon slices and ice for a refreshing and healthy drink.



Buy lots of fresh fruit and display it in a central area – most kids love fruit!



Put out tasty seeds and nuts as snacks, rather than peanuts and chips.



Treat your family to a quality dark chocolate, rather than bulk packets of sweets.



HOW TO PUT TOGETHER A BASIC FIRST-AID KIT

WHAT YOU NEED IN YOUR KIT:

- First aid guide
- Sterile gauze pads
- Adhesive tape
- Crepe/open-weave bandages to bind dressings or support injured joints
- Triangular, elastic bandages for slings
- One sterile eye dressing
- Adhesive dressings or plasters
- Antiseptic wipes
- Antibiotic cream
- Rehydration powder
- Tweezers, a pair of sharp scissors and some safety pins
- Disposable cold packs
- Hydrogel dressings for burns
- Antihistamine cream for stings or bites
- Thermometer
- Plastic gloves
- List of emergency phone numbers
- Torch



IN CLOSING

Use your break at the end of the year to take stock and plan some lifestyle changes that will allow 2024, and beyond, to be a truly healthy and happy period for you and your family.



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