



UK Health  
Security  
Agency

# Stay Well This Summer Toolkit 2022

## **Coronavirus**

There is guidance and information about living safely with respiratory infections, including COVID-19 on gov.uk – <https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

Resources for COVID-19 can be found on the Campaign Resource Centre - <https://coronavirusresources.phe.gov.uk/>

## **COVID-19 vaccine**

Everyone aged 5 and over can get a 1st and 2nd dose of the COVID-19 vaccine. People aged 16 and over, and some children aged 12 to 15, can also get a booster dose.

People aged 12 and over who had a severely weakened immune system when they had their first 2 doses, will be offered a 3rd dose and a booster (4th dose).

Further information about the coronavirus vaccine can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

## **Non-Covid summer health threats**

For most people the summer is an enjoyable time - a chance to get outdoors and be active, hopefully enjoy some good weather and spend time with friends and family. But we know that there are some risks associated with activities that are more common during the summer - and even the weather can have an impact on our health.

UKHSA has produced this communications toolkit to help communities Stay Well This Summer. The toolkit provides easy access to resources available to help stakeholders and partners prepare for and advise the public about three themes relating to common summer health risks, activities and events that may have an impact on the health of the population (non-covid related).

These are (and there will be crossover between the themes in some cases):

- **Sun and heat**
- **Recreation / festivals**
- **Environmental / outdoor**

There will be key messages and links to other resources for topics within these themes to help get messages to the public.

For further information, please contact your regional UKHSA Communications Team

# Contents

- Sun and Heat..... 4
  - Heat-Health Alerts .....4
  - Heatwave Plan .....4
  - Heat exhaustion and heatstroke.....4
  - Dehydration.....5
  - Sun safety .....5
  - UV .....5
- Recreation ..... 6
  - Food preparation and poisoning.....6
    - on how to clean effectively in the kitchen and prevent harmful bacteria from spreading onto food.....6
  - Fruit and vegetable preparation .....6
  - Carbon monoxide poisoning.....6
  - Sexual health/STIs .....6
  - Drugs.....7
  - Infectious diseases.....8
    - Monkeypox UKHSA is currently responding to an outbreak of Monkeypox cases across the country.....8
      - There is a rolling news story here where you can find the latest information .....8
      - There is also a comms toolkit with key messaging and a Q+A section that partners can use, this is being updated regularly so please contact your regional UKHSA communications team for the latest version. ....8
  - Measles/Mumps/MMR.....8
  - Festivals .....10
- Environmental / outdoor ..... 11
  - Reservoir / lake swimming .....11
  - Physical activity challenges.....12
  - Ticks.....12
  - Giant Hogweed.....13
  - For more information visit.....14
  - Petting farms and animals that have just given birth .....14
  - Air pollution .....14
  - Travel .....15

# Sun and Heat

The following topics relate to the potential dangers from the sun.

## Heat-Health Alerts

The Heat-Health Alert service operates in England from the Met Office from 1 June to 15 September each year in association with the UK Health Security Agency (UKHSA). It is designed to help healthcare professionals manage periods of extreme temperature.

The Met Office forecasts daytime and night-time maximum temperatures, which are monitored regionally. When certain heat thresholds are passed, a warning is issued and sent to relevant health professionals and people working in social care as well as displayed on the Met Office's website. This enables health professionals to take action to minimise the impact of the heat on people's health.

The heat-health alert forecast can be seen at

<https://www.metoffice.gov.uk/public/weather/heat-health>

To accompany the heat health watch service, UKHSA has prepared its 'Heat health alerts *communications toolkit*.'

This toolkit contains pre-prepared key messages, social media updates and statements that can be used, according to the alert level in place at the time.

Your regional UKHSA communications team will be in touch if thresholds are met and will inform you of any action that may need to be taken.

Please note we are waiting for rebranded and revised social assets for Summer 2022. Please contact your regional UKHSA team for more info.



Heat health alerts  
comms toolkit 2022.

## Heatwave Plan

The Heatwave Plan for England is intended to protect the population from heat-related harm to health and can be found online, it also includes assets for heat and Covid-19 <https://www.gov.uk/government/publications/heatwave-plan-for-england>

## Heat exhaustion and heatstroke

Information and advice for the public on heat exhaustion and heatstroke can be found on nhs.uk <https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

**Hot weather animation** (please note this is still PHE branded)

<https://www.youtube.com/watch?v=SkPNGtFSbO0>

## **Dehydration**

Dehydration means your body loses more fluids than you take in. If it isn't treated it can get worse and become a serious problem. Babies, children and the elderly are more at risk of dehydration.

Further information and advice for the public on dehydration can be found on nhs.uk <https://www.nhs.uk/conditions/dehydration/>

## **Sun safety**

Information and advice for the public on sun safety can be found on nhs.uk <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

## **Sun safety for babies**

Information specifically for babies is also on nhs.uk <https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>

## **UV**

UKHSA operates a network of ten broadband UV monitoring stations in the UK and three overseas.

The monitoring stations record hourly updates of the level of UV measured which are then posted on Defra's UK-AIR website <https://uk-air.defra.gov.uk/data/uv-index-graphs>

The video '*The dangers of UV on our health*' is available on YouTube and may be useful to link to during times of high UV (please note this is still PHE branded) – <https://www.youtube.com/watch?v=cblhrVTnZUU>

## Recreation

### **Food preparation and poisoning**

The Food Standards Agency (FSA) has lots of information and advice on its website around food preparation and handling <https://www.food.gov.uk/food-safety>

There are pages about bacteria that cause food poisoning including explainer videos:

- Campylobacter <https://www.food.gov.uk/safety-hygiene/campylobacter>
- Listeria <https://www.food.gov.uk/safety-hygiene/listeria>
- Salmonella <https://www.food.gov.uk/safety-hygiene/salmonella>
- Hepatitis E virus <https://www.food.gov.uk/safety-hygiene/hepatitis-e-virus>
- E. coli <https://www.food.gov.uk/safety-hygiene/e-coli>

on how to clean effectively in the kitchen and prevent harmful bacteria from spreading onto food <https://www.food.gov.uk/safety-hygiene/cleaning>

### **Fruit and vegetable preparation**

It is important to wash all fruit and vegetables before you eat them to ensure they are clean and safe to eat. Most people are aware of the importance of handling meat safely, but many consider the risk of food poisoning from vegetables to be low.

The FSA also has information about how to correctly prepare food including fruit and vegetables their website <https://www.food.gov.uk/safety-hygiene/cleaning#cleaning-food>

### **Carbon monoxide poisoning**

Carbon monoxide is a poisonous gas that has no smell or taste. Breathing it in can make you unwell, and it can kill if you're exposed to high levels. Every year there are around 25 deaths from accidental carbon monoxide poisoning in England and Wales. <https://www.nhs.uk/conditions/Carbon-monoxide-poisoning/>

### **Sexual health/STIs**

Resources for the 'Protect against STIs' campaign can be found on the Campaign Resource Centre

<https://campaignresources.phe.gov.uk/resources/search?query=&f.content/resource/campaign000=Sexual%20Health>

There is also information on STIs on nhs.uk

<https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

The Terrence Higgins Trust also has information about HIV and STIs

<https://www.tht.org.uk/>

## **Drugs**

Information and advice about illegal drugs can be found on the Talk to Frank website <http://www.talktofrank.com/>

## **Alcohol misuse**

Alcohol misuse means drinking excessively – more than the lower-risk limits of alcohol consumption. Alcohol consumption is measured in units. A unit of alcohol is 10ml of pure alcohol, which is about:

- half a pint of normal-strength lager
- a single measure (25ml) of spirits
- A small glass (125ml) of wine contains about 1.5 units of alcohol.

To keep your risk of alcohol-related harm low, the NHS recommends:

- not regularly drinking more than 14 units of alcohol a week
- if you drink as much as 14 units a week, it's best to spread this evenly over three or more days
- if you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week

Regular or frequent drinking means drinking alcohol most weeks. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

Further information on alcohol misuse is on nhs.uk

<https://www.nhs.uk/conditions/alcohol-misuse/>

## **Alcohol poisoning**

Alcohol poisoning occurs when a person drinks a toxic amount of alcohol, usually over a short period of time (binge drinking).

Being poisoned by alcohol can damage your health or even put your life in danger. It's important to avoid misusing alcohol and to be aware of how much you're drinking and the effect this could have on your body.

More information on alcohol poisoning <https://www.nhs.uk/conditions/alcohol-poisoning/>

## **Infectious diseases**

There are many infectious diseases that can affect the population at any time, travel can also increase the risk of some of these diseases.

The UKHSA Infectious Diseases page has links to further information about many infectious diseases <https://www.gov.uk/topic/health-protection/infectious-diseases>

## **Monkeypox**

UKHSA is currently responding to an outbreak of Monkeypox cases across the country.

There is a rolling news story here where you can find the latest information <https://www.gov.uk/government/news/monkeypox-cases-confirmed-in-england-latest-updates>

There is also a comms toolkit with key messaging and a Q+A section that partners can use, this is being updated regularly so please contact your regional UKHSA communications team for the latest version.

## **Measles/Mumps/MMR**

Measles is a highly infectious viral illness that can sometimes lead to serious complications. It can be more severe in teenagers and adults than in children. The MMR vaccine is a safe and effective combined vaccine and protects against these three serious illnesses:

- measles
- mumps
- rubella (German measles)

These highly infectious conditions can easily spread between unvaccinated people. Getting vaccinated is important, as these conditions can also lead to serious problems including meningitis, hearing loss and problems during pregnancy.

Two doses of the MMR vaccine provide the best protection against measles, mumps and rubella. There is more information about measles on nhs.uk <https://www.nhs.uk/conditions/measles/>

## **Mumps**

Mumps is most recognisable by painful swellings at the side of the face under the ears. There is more information about mumps on nhs.uk <https://www.nhs.uk/conditions/mumps/>

For more information about the MMR vaccine, please visit <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>



## **Meningitis**

Data and analysis from the UKHSA shows that in autumn 2021 there was an increase in the number of cases of meningococcal disease in teenagers and young adults, mainly caused by group B meningococcal disease (MenB) – with the majority among university students.

Restrictions to reduce the transmission of coronavirus (COVID-19) saw the rates of meningococcal disease at a historic low until September 2021. As restrictions lifted data shows that cases of meningococcal disease began to rise, with the number of cases in 15- to 19-year-olds now higher than they were pre-pandemic and mainly due to MenB.

In the UK, teenagers are eligible for the meningococcal ACWY vaccine as part of the national immunisation programme, and the MenB vaccine is offered to infants. Cases of meningococcal disease due to all strains have remained substantially lower than pre-COVID-19 years in infants, toddlers and young children.

This news story was issued in January 2022 and has more info:

*Recent increase in group B meningococcal disease among teenagers and young adults* <https://www.gov.uk/government/news/recent-increase-in-group-b-meningococcal-disease-among-teenagers-and-young-adults>

## **MenACWY Save a Life campaign**

There are new resources for use about the MenACWY vaccination, please use to promote the vaccine to your audiences <https://publichealthengland-immunisati.app.box.com/s/qjxaego0bsrrzsaae4xru0cjb17yoxsr>

## **University toolkit for vaccine preventable diseases**

There is also a toolkit for universities to help protect students from vaccine preventable infectious diseases (MMR, MenACWY and coronavirus) <https://khub.net/documents/135939561/174090192/MMR+MenACWY+and+coronovirus+vaccine+comms+toolkit+for+universities.pdf/6ec4e100-242b-4f5c-f1ea-bf88cace1ecb>

## **‘Save a Life’ sticker**

You can also order copies of our free [‘Save a life’ sticker](#). The sticker can easily be applied to any surface in a visible position in student accommodation or recreation settings and can also be re-used. There is information on this [leaflet](#) of how to place an order at the [Health Publications website](#).

This is a free service for all education, recreation and student accommodation settings. You can also order posters, download social media assets and artwork to have banners and posters commercially printed.

## **Festivals**

There are hundreds of festivals taking place throughout the summer, but large gatherings of people can also mean health risks. Festival Medical Services have put together information and advice for those attending festivals to stay safe.

<https://www.festival-medical.org/health-advice-fms>

## Environmental / outdoor

### Water safety

#### **Beach, coast or sea: think 999 Coastguard**

Visiting the coast can be great fun, from cliff walking, swimming or just relaxing at the beach. To get the most out of your trip, have fun, and stay safe, make sure you check the weather and tides before heading out, wear appropriate footwear and clothing for your activity, know the sea conditions and stick to coastal paths. Also, make sure you tell someone where you are going and when you will be back.

HM Coastguard have put together some advice about visiting the coast on their website <https://coastguardsafety.campaign.gov.uk/>

#### **Open water swimming**

This activity is growing in popularity, but open water swimming can increase the risk of gastrointestinal infections (diarrhoea and/or vomiting) as well as respiratory, skin, ear and eye infections.

Most symptoms of these illnesses will generally be mild, caused by organisms such as norovirus, giardia and cryptosporidium. However, there is also a risk of more severe infections caused by organisms such as E. coli O157 which may cause severe gastrointestinal illness and leptospirosis, which can cause liver and kidney problems.

There is a leaflet about open water swimming (swimming in lakes, rivers and reservoirs) <https://www.gov.uk/government/publications/swim-healthy-leaflet>  
Advice <https://www.gov.uk/government/news/new-guidance-on-reducing-the-risk-of-illness-when-open-water-swimming>

#### **Reservoir / lake swimming**

The key messages for the public about the dangers of reservoir and lake swimming are:

- Swimming in reservoirs is dangerous. These are operational sites and even the strongest swimmers can get into serious difficulties.
- Reservoirs are incredibly deep in places, but very shallow in others – particularly as water levels drop over the summer – making jumping in or swimming extremely dangerous.
- The water temperature stays very low and can cause shock or hypothermia. The water also hides other dangers such as machinery, sudden dips and drops, weeds and mud, and very strong currents created by the changing depths and continuous pumping of water.

## **Water safety**

Health and Safety video for anglers [https://www.youtube.com/watch?v=ZzM9giA\\_hjE](https://www.youtube.com/watch?v=ZzM9giA_hjE)

Enjoy the lakes <https://www.southwestwater.co.uk/environment/our-reservoirs/enjoy-the-lakes/>

Can I swim in your reservoirs? <https://www.southwestwater.co.uk/frequently-asked-questions/environment/can-i-swim-in-your-reservoirs/>

Reservoir safety press release <https://www.southwestwater.co.uk/about-us/latest-news/archive-news/news-2014/enjoy-the-scenery-safely/>

Reservoir safety leaflet

<https://www.southwestwater.co.uk/siteassets/documents/reservoir-safety-south-west-water.pdf>

Water Safety code Royal Society for the Prevention of Accidents (ROSPA)

<https://www.rospa.com/leisure-safety/water/advice/children-young-people/>

Water Safety Advice – Royal Life Saving Society

<https://www.rlss.org.uk/pages/category/water-safety-information>

Respect the Water campaign – Royal National Lifeboat Institution (RNLI)

<https://rnli.org/safety/respect-the-water> and <https://rnli.org/safety>

## **Physical activity challenges**

Thousands of people have participated in extreme physical activity challenges such as Tough Mudder, competing in such challenges may expose participants to a number of health risks.

If local authorities are aware of an event taking place in their area, it might be useful to share this link ahead of the event, especially if the weather is due to be hot or reaching alert levels.

## **Ticks**

Ticks are small, spider like creatures that feed on the blood of animals, including people. During this feeding process, they can transmit pathogens that can result in infections such as Lyme Disease.

There is a dedicated page of resources including a toolkit to raise awareness of the potential risks created by ticks and tick-borne disease in England.

The page also includes a useful video, posters, leaflets and information about the tick surveillance scheme <https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease>.

In April 2022, UKHSA published the blog 'What is Lyme disease, and why do we need to be tick aware?' to share important messaging <https://ukhsa.blog.gov.uk/2022/04/13/what-is-lyme-disease-and-why-do-we-need-to-be-tick-aware/>

### **Giant Hogweed**

Although an impressive sight when fully grown, giant hogweed is invasive and potentially harmful. Chemicals in the sap can cause photodermatitis or photosensitivity, where the skin becomes very sensitive to sunlight and may suffer blistering, pigmentation and long-lasting scars. Further information is on the RHS website <https://www.rhs.org.uk/advice/profile?pid=458>

### **Blue-Green Algae**

Blue-green algae are a type of bacteria (called cyanobacteria) that share some of the same characteristics as plants. Blue-green algae exist all over the world and are found naturally in many inland waters, estuaries and the sea.

The algae are very small and can't be seen with the naked eye unless they are concentrated into clumps when they can look like green flakes, greenish bundles or brown dots in the water.

### **What are the health risks?**

Blue-green algae are capable of producing several different toxins. People may be exposed to these toxins through contact with the skin (eg when swimming), through inhalation (e.g. when motor boating or water skiing), or by swallowing contaminated water.

These toxins can cause skin rashes, nausea, vomiting, stomach pains, fever and headaches. Occasionally they can cause more serious illness such as liver and brain damage. Children are at greater risk than adults of developing problems because of their comparative lower body weight.

### **How can the health risks be minimised?**

Not all blue-green algae blooms and scums are toxic, but it is not possible to tell from appearance and so it's best to assume they are harmful and take the following precautions:

- do not swim in the water
- do not swallow the water
- avoid contact with the algae
- do not eat fish caught from the water
- observe and abide by any warning notices positioned around the water

Anyone who has come into contact with water containing blue-green algae should shower with fresh water immediately. Anyone who has come into contact with affected water and has become ill should obtain medical attention.

The toxins which may be produced by algae are also poisonous to animals and can cause severe illness and death. Farmers and pet owners should ensure that their animals do not have access to affected water.

For more information visit <https://phw.nhs.wales/services-and-teams/environmental-public-health/blue-green-algae/>

### **Petting farms and animals that have just given birth**

Visiting a farm is an enjoyable and educational experience for many people, particularly children. However, such visits can never be free from all risks. Farm animals may carry a number of infections that can be harmful to people, and so farms that are open to the public are expected to provide hand washing facilities and urge all visitors to wash their hands thoroughly after visiting and before eating food.

In order to protect their own health and that of their unborn child, women who are, or who may be, pregnant should be advised to avoid close contact with livestock animals.

Information is available on:

- Farm visits: avoiding infection <https://www.gov.uk/government/publications/farm-visits-avoiding-infection>
- Advice for pregnant women <https://www.gov.uk/guidance/pregnancy-advice-on-contact-with-animals-that-are-giving-birth>

### **Air pollution**

UKHSA provides advice to the Department for Environment, Food and Rural Affairs (DEFRA) on the health effects of air pollution. Whilst most people will not be affected by short term peaks in air pollution, some individuals, particularly vulnerable groups such as those with existing heart or lung conditions, may experience increased symptoms.

Up-to-date information on air pollution levels and related health advice for specific area can be obtained via the Defra website <http://uk-air.defra.gov.uk>, or by calling Defra's freephone helpline on 0800 556677.

## **Travel**

International travel restrictions during the pandemic were removed for all passengers on 18 March 2022.

Travellers should continue to check GOV.UK travel guidance including Foreign, Commonwealth & Development Office (FCDO) [travel advice](#) to keep up to date with other countries' entry requirements.

Passengers are also encouraged to carefully check booking conditions for flexibility in amending bookings prior to buying tickets.

People will continue to be able to access their vaccine and recovery records through the [NHS COVID Pass](#) to use when travelling overseas.

A list of travel health questions can be found on nhs.uk <https://www.nhs.uk/common-health-questions/travel-health/>

Healthcare when travelling abroad <https://www.nhs.uk/using-the-nhs/healthcare-abroad/healthcare-when-travelling-abroad/>

An A-Z of countries with advice and information for travellers can be found on the Foreign Office's travel advice page, this also includes information about what to do when returning from holiday <https://www.gov.uk/foreign-travel-advice>

The National Travel Health Network and Centre (NaTHNaC) website also has health information and advice for travellers <https://travelhealthpro.org.uk/factsheets>

### **UK Global Health Insurance Card (GHIC)**

For most people, the UK Global Health Insurance Card (GHIC) replaces the existing European Health Insurance Card (EHIC) for new applications. They provide the same access to healthcare in the EU.

A GHIC or EHIC is free of charge. Beware of unofficial websites, they may charge you a fee to apply.

More information is here <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

You can apply here <https://www.ghic.org.uk/Internet/startApplication.do>