



SUMMER HOLIDAY SAFETY TIPS

Summer is here! It's time to enjoy long days by the pool, sizzling delicious food on the grill, and having festive fun. As holiday excitement builds, it's essential to prioritise your health and safety. Here are key summer and holiday safety tips:

Utilise Hollard Health From Wherever You Are:

1. Telehealth: Let the medical professionals come to you

Telehealth benefits are completely integrated into the Hollard Health app so that access to a doctor for a GP consultation is easy from wherever you are. This service is included in all our plans, saving you time, conserving your benefits and getting you the right advice when you need it.

2. Network and Out of Country processes

Check on this before you leave to make sure you are covered in the destination you are travelling to.

3. Use Your App



Your App has everything you need! For assistance with electronic cards, local numbers or, if you are travelling abroad, international numbers, all you need to do is open your App (available for free download in the Apple Store or Google Play).





OUR TOP HOLIDAY SAFETY TIPS:

1. **Beat the Heat**

Stay in shaded areas during peak sun hours, apply and reapply sunscreen

2. **Don't Let the Bugs Bite**

Protect yourself from mosquito and insect bites by using non-toxic repellents and sleeping under a mosquito net if necessary. If bitten, avoid scratching, and seek medical advice if swelling or discomfort persists.

3. **Know Your Road Safety**

Plan your journeys during the day when visibility is better. Avoid speeding, ensure your vehicle is roadworthy, and be vigilant for pedestrians, animals, and potholes. Always have an emergency contact plan in place.

4. **Stay Hydrated**

Drink plenty of water to stay hydrated in the heat.

5. **Food Safety**

Practice good food hygiene to prevent foodborne illnesses.

6. **Emergency Preparedness**

Keep a first aid kit handy and have the nearest hospital's contact information available.

7. **Mental Wellbeing**

Take time for self-care - seek support from friends and family but also take time for yourself to do the things **you** love.

By following these tips, you can enjoy a safe and healthy holiday season.

Wishing you a joyful December!

