

21th December 2015

## Stay safe and healthy this summer

Unexpected illness or a sudden injury resulting in an ED visit isn't fun which is why health experts are urging residents to play it safe these holidays and prevent injuries.

Emergency Department Acting Co-Director Dr Penny Weir said the summer holidays can be one of the busiest times of the year, but simple precautions can prevent complicated health accidents.

"We usually hit our record number of presentations on or around New Year's Day – in 2015, we reached 264 presentations on New Year's Day.

"We have one of the busiest Emergency Departments in the state, and our dedicated staff work hard to ensure patients receive the best care they can get," she said.

"But still, a visit to the ED is not really what anyone wants for their families over the holiday break."

Dr Weir said new toys, too much alcohol, or even Christmas decorations can result in an unwanted visit to the ED.

"Too much alcohol can make common, slightly dangerous activities even more hazardous," she said.

"After too many drinks, activities like swimming, climbing a ladder or tree or even riding a bicycle can land someone in trouble and in the Emergency Department.

"Make sure new active toys like skateboards and bikes also come with helmets and protective gear, and make an effort to teach children how to use equipment safely and properly to avoid accidents and broken bones.

"Many toddlers can't resist the urge to touch and pull on the Christmas tree yet one determined tug can send it crashing down on them in seconds if it is not properly secured.

"It only takes a little time to be safe and ensure that the whole family has a memorable and happy Christmas and New Year," Dr Weir said.

People seeking non-urgent care can contact their GP, or phone Health Direct on 1800 022 222 to speak with a registered nurse who may be able to offer advice and health information.