

Spring HEALTH TIPS

Brought to you by Elliot Urgent Care at Londonderry

As cold and flu season wraps up, the prospects of springtime can be invigorating, but the season often presents its own set of health issues. Elliot Urgent Care provides a faster, high-quality alternative to an emergency room visit for the minor seasonal injuries and illnesses you may experience as you venture outside.

Follow these tips from our Board-certified staff to keep your family safe and healthy this spring:

INSECTS: Prevent insect bites by wearing long sleeves, tucking pants into your socks and using an appropriate insect repellent. Avoid areas of dense vegetation and check for ticks after you've spent time outdoors. Lighter colored clothing will help make them more visible. If you find a tick, remove it immediately with tweezers and seal it in a plastic bag for identification. Ticks can cause a variety of illnesses, including Lyme disease. If you find a tick on your body, visit your physician or Elliot Urgent Care for rapid assessment and treatment.

ALLERGIES: Seasonal allergies to pollen can cause itchy, watery eyes, runny nose, sneezing and breathing difficulties. Over the counter (OTC) medications such as antihistamines and decongestants can provide some symptom relief, but a prescription may be necessary for more serious reactions. Always consult with a pediatrician before using an OTC allergy medication for your child. To minimize symptoms, wash pillowcases, sheets and your hair often to keep pollen counts low.

POISON IVY, OAK, OR SUMAC: Exposure to the oils of these plants (found on the leaves, stems, roots and berries) can cause skin irritations. Since the plants have not yet flowered or leafed out, it's easy to mistake them for something else. Make sure you put gloves on before you start pulling those pesky weeds as you might be pulling on a poison ivy vine. The rash can be spread by anything that has had contact with the oils of the plant, including hands, feet, clothing, smoke from burning plants or even a pet that runs through the leaves.

OTC remedies can help if you suffer from an outbreak due to one of these plants. Elliot Urgent Care is always an option for bad rashes or mild allergic reactions. Call 911 if you have a severe allergic reaction, have difficulty breathing or swallowing, or feel like your throat is closing.

SPORTS INJURIES: Who can resist the urge to get outdoors and run, hike or bike as the days get warmer? To prevent injuries, be sure to stretch before starting any physical activity and always wear proper safety gear such as helmets and kneepads.

To treat minor sports injuries, use the "RICE" method – Rest, Ice, Compression, and Elevation. Rest is one of the most important

steps in healing. Use ice on the sore area to reduce pain and swelling. It can be applied 20 minutes per hour for the first 24-48 hours following an injury. Compression, such as with an ACE bandage, is used to help reduce swelling in an arm or leg. Make sure that the bandage is not too tight or you may reduce circulation to the affected body part. If the ACE bandage is on your ankle and your toes feel numb or turn blue, it means the bandage is too tight. Keep the injured body part elevated whenever possible to reduce swelling, which causes pain.

Many OTC anti-inflammatory and pain medications can be used to help control pain and swelling. With any injury, it's a good idea to be certain it's not something more serious. Elliot Urgent Care can assess and treat your sports injuries with the help of our on-site imaging technology. 



TIME IS ON YOUR SIDE

Elliot Urgent Care provides walk-in, no appointment-necessary medical care for non-emergency injuries and illnesses. It's convenient medical care when you can't get in to see your doctor. Since we don't treat emergency cases, we're able to provide quicker, high-quality medical care. We care for:

- Respiratory infections: common cold, flu, sinus infection, bronchitis, pneumonia
 - Sore throat
 - Earache
 - Urinary tract infection
 - Skin rash & poison ivy
 - Gastroenteritis
 - Sprains & strains
 - Cuts & lacerations
 - Burns
 - Minor eye injuries
 - Splinters
 - Sports injuries
 - X-rays
 - Workplace Injuries
- And much more!*

Elliot Urgent Care

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Monday to Friday, 10 a.m. to 9 p.m.

Weekends & holidays, 9 a.m. to 4 p.m.

 **The Elliot**
Live Better!

*This article was first printed in
Your Wellness Matters, Spring
2008 issue.*