

Newsletter Thuisarts

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Newsletter from your GP Practice

Maandag 06 juli 2026

School holidays are here! Many children and their parents have been looking forward to them.

In this newsletter, you'll find tips to help you stay healthy during the summer. For example, what to do if you get travellers' diarrhoea, and how to reduce the effects of jet lag if you're travelling to a different time zone.

And what do you think: is heatstroke dangerous?

We wish you a wonderful holiday!

Stroomz De Ring International

Please note: The information on Thuisarts.nl is in Dutch. You can easily translate the page into English by right clicking anywhere on the website and selecting "Translate to English" in your browser.



Holiday checklist: don't forget before you travel

The summer holidays are almost here! Are you going away? Some countries have different health risks than the Netherlands, even within Europe. Good preparation is important.

Use this checklist to help you stay healthy while travelling:

- Check whether you need vaccinations or malaria medication for your destination. Arrange these well in advance. [You can find more information on the LCR](#) (National Coordination Centre for Travellers' Health Advice) website.
- Pack a first aid kit with items such as plasters, bandages, disinfectant, scissors and a thermometer.
- Save important phone numbers in your mobile phone, including: the emergency number for your destination, the emergency assistance number for your health insurance, the emergency assistance number for your travel insurance. Also take a written copy of these numbers with you.
- Do you take regular medication? Check whether you are allowed to take it abroad and whether any special rules apply. Read more about this later in this newsletter.

Find out whether you need vaccinations: watch the video



True or false? Heatstroke can be dangerous

Heatstroke can become dangerous if your body does not cool down in time.

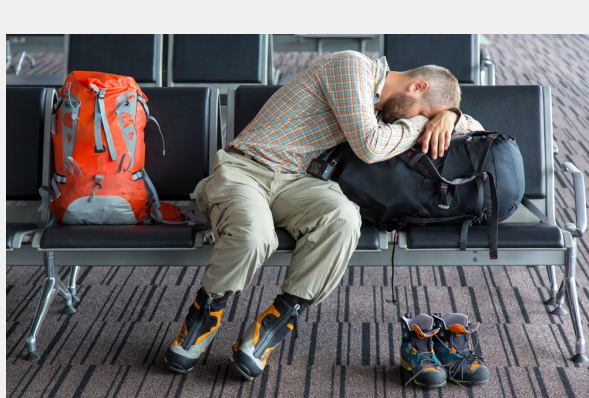
Normally, your body cools itself by sweating. If you don't drink enough fluids, your body may no longer be able to sweat effectively. As a result, your body temperature can rise above 40°C (104°F).

This is called heatstroke. It is also known as heat exhaustion or heat illness. The best way to prevent it is to drink plenty of fluids.

Call the emergency services immediately if someone with heatstroke:

- keeps vomiting
- becomes confused
- faints and does not wake up within two minutes

[Learn how to recognise heatstroke](#)



Four tips to beat jet lag

Travelling to a different time zone can disrupt your sleep pattern. These tips can help:

- Go to bed and get up according to the local time at your destination.
- Spend plenty of time outdoors during the day and stay active.
- Drink coffee or another caffeinated drink during the day if you need help staying awake.
- Only take a nap if you really can't stay awake.

Most people notice that jet lag improves significantly after a few days.

[Read our tips for reducing jet lag](#)



How to avoid getting sick from food and drinks

Freshly grilled fish at the market or a cold lemonade from a street stall may look tempting. However, they may contain bacteria or viruses that can cause illnesses such as travellers' diarrhoea or hepatitis A.

Take extra care with food and drinks:

Drinking

Only drink water that has been boiled or comes from a sealed bottle. Use this water to brush your teeth as well. Avoid drinks with ice cubes, as these are often made from tap water.

Eating

Avoid raw vegetables, raw meat, raw fish, shellfish and salads. Lettuce is often washed with tap water. Only eat commercially packaged ice cream. Avoid scooped ice cream.

And don't forget: wash your hands regularly with soap and water.

[More tips for staying healthy while eating and drinking abroad](#)



What helps if you get travel- lers' diarrhoea?

Travellers' diarrhoea is usually caused by something you have eaten or drunk. Often, it is caused by bacteria that your digestive system is not used to.

Although unpleasant, it is usually not serious and often clears up on its own within four days.

To help you recover:

- Drink 8 to 12 glasses of fluid a day, such as water, tea or clear broth.
- Eat when you feel hungry. It is perfectly fine to eat less or not at all for a couple of days.
- If you have stomach cramps, eat and drink small amounts more frequently.

If your diarrhoea is severe, it is advisable to use ORS (Oral Rehydration Salts). ORS contains a balanced mixture of salts and sugars that helps prevent dehydration. Dissolve the powder in water according to the instructions on the packet. ORS is available from pharmacies and drugstores.

[Tips to help relieve travellers' diarrhoea](#)



'Can I take my own medica- tion abroad?'

It is recommended that you take your own medication with you when travelling. However, some medicines require an official medication certificate. This may apply to medicines for ADHD, strong painkillers, sleeping tablets and anti-anxiety medication.

How do you get a medication certificate?

[Download the required form from the CAK website](#). Complete it with details of your medication, your name and your personal information. Then ask your GP to sign the form. Arrange your medication certificate well in advance, preferably at least four weeks before you travel.

Handy Tip: Take a Medication List With You

If you are travelling abroad, bring a list of your medications with you. This can be very helpful if you need to visit a doctor or pharmacy during your trip.

You can prepare this list yourself, preferably in English, or ask your pharmacy for a printed medication overview.

[Read what you need to know before travelling with your medication](#)



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