

Happy New Year 2023

THE team at the Ethnic Communities Council of Queensland (ECCQ) joins you in celebrating the Lunar New Year.

This year being the Year of the Rabbit symbolises prosperity, longevity and peace.

Prosperity comes in many forms including good health, healthy relationships, time and money.

Longevity is achieved through good life balance including taking time to rest and maintaining good health.

Peace can be external - through world affairs or internal through good mental and physical health and satisfaction in your life.

Our personal health is our most valuable asset. We need to ensure we take care of ourselves physically, mentally and emotionally, taking time to seek out the care that we need.

This includes regular



visits with your GP to check your physical health. If you haven't had a check-up with your doctor in the last 12 months, consider making an appointment. Many people

put off seeking health care to focus on their work - we all need to take time to out of our busy lives to focus on our health.

The New Year often brings

plans to make changes to improve our health and our wealth. If you haven't had a health check recently, or you know you have a health condition such as hepatitis

B you should make an appointment with your GP for a check-up.

Remember if you need an interpreter to help you in your language ask for one to be booked for your next appointment with your GP (this is free if you have a Medicare Card and all GP practices can arrange interpreters).

Wishing everyone a happy and healthy 2023 from the team at ECCQ's - BBV and STIs Program.

For more information

about healthy choices and information about hepatitis B and hepatitis C you can contact the Ethnic Communities Council of Queensland on:

W: www.eccq.com.au/bbv
Phone: 07-3844 9166

If you live in Cairns, you can also contact:

Rhondda Lewis
Viral Hepatitis Health Coordinator
Phone: 07-4226 4769
Email: Rhondda.Lewis@health.qld.gov.au



Hepatitis, HIV/AIDS and Sexual Health Program Ethnic Communities Council of Queensland (ECCQ)

Naturally Soothing Sunburn Tips

Nimisha Modi
Hetvi Hair & Beauty
0412350013



feel that the juice of the potato works the best, while others feel just slices are sufficient. Try both and see which one is the best remedy for your sunburn.

2 potatoes, A grater, blender, or knife, Cotton balls, cotton pads, facial tissue, or gauze

Directions: -Wash and scrub your potatoes thoroughly, and then either grate them over a bowl or cut them up and put them in a blender. There is no need to remove the peels. If you're using a blender, give them a whirl until they've become quite liquid. If they seem too dry, you can add a small amount of water. Pour out the mixture, soak cotton balls thoroughly in it, and apply to sunburn. An easier perhaps more effective method would be to soak gauze and lay it over the burn. If you're using a grater, grate the potatoes over a bowl and apply the pulp, trying to get as much juice as possible. You can also try simply slicing the potatoes and lying the slices directly on your burn.

2. Cool milk compress: -A cool milk compress is one of the quickest, simplest and low-cost ways to treat sunburn. It doesn't get much easier than just heading to the refrigerator for relief and easy is good when treating anything. The initial coolness of the milk will ease the heat, while it also creates a layer of protein to protect your skin, help it heal, and further soothe discomfort.

A clean and soft, washcloth, Chilled milk

Directions: -Pour a bowl of milk high enough so that you can thoroughly soak your compress in it. When the gauze or washcloth is saturated, let the excess liquid drain off. Drape



across your burn, pressing gently so that it stays in place, and leave it on for as long as needed. If the milk in the bowl becomes room temperature chill it before re-dunking your compress.

3. Corn starch /baking soda for fighting burns: -Corn starch, with its cool, silky texture, is a good way to naturally soothe your sunburn. Like milk, it is one of those things that you probably have lying around your house regardless of whether or not you planned on sizzling out in the sun. If you don't have corn starch, try some baking soda for quick relief. Both can diminish the pain and lessen the blazing red appearance of the burn.

Corn starch or baking soda, Cool water

Directions: -How much corn starch or baking soda you need will vary depending on how big of an area you want to cover. Whichever one you are using add cool water-not cold- little by little until it has reached a paste-

like consistency. Smear the paste gently over your burn and leave on until the heat or pain has let up some. Rinse off completely.

4. Drink up: -Sunburn is a burn. It sounds like stating the obvious, but we often don't think about the fact that we really, truly, seared our skin. As with any other thing that burns your skin is dried out, and your body is probably dehydrated too. Keep a tall glass or bottle of ice-cold water on hand at all times to make sure you're keeping yourself full of H2O, which is necessary to heal your damaged skin.

5. Cool off with mint & tea: -Mint naturally cools and soothes whatever it touches, and sunburns are no exception. The tannic acid and theobromine found in green tea also helps relieve pain and heal damaged skin when applied topically.

1 quart of boiling water, 5 green tea bags, 3 cups of fresh mint leaves, Cotton pads or a clean soft cloth

Directions: -Bring 1 quart

of water to a boil. Remove the strings and tags from the 5 tea bags and add them, as well as 3 cups of fresh mint leaves, to a pan. Pour the boiling water over the mint leaves and tea bags and cover with a lid, letting it sit for approximately an hour so you can get all the good stuff out of it. Strain and then chill. When the mixture has chilled thoroughly, use cotton pads or a clean soft cloth soaked in the liquid and apply directly to the burn. You can also pour it over the burn if you wish. If you find yourself without green tea you can substitute black tea, which also contains tannins.

6. Indulge in some aloe: -Aloe vera gel is many peoples go-to when they have sunburn. It's cool, soothing, and seems to suck the sting and redness right out of your sunburn. Because aloe is useful for a number of other ailments (such as acne or heartburn) it's handy to have a plant growing in your house. They're easy to maintain, free from any

additives, and you won't have to keep running out to buy more from the store all the time once it's big enough. If you would really rather prefer not having the plant, getting some good quality aloe vera gel from the store is the next best thing-it's also more practical for treating larger areas.

An aloe plant with thick, juicy, leaves, enough store-bought gel to cover your burn

If using the plant, slit several big leaves down the middle, not cutting all the way through. Spread them flat and lay on your burn. You can also squeeze the gel out. If you're using gel that's already been extracted, apply however much you need to your sunburn. The plant is usually more practical when treating smaller areas, while the purchased aloe gel is easier to spread over a big burn. A combination of both works as well.

7. Season with vinegar: -Vinegar has been part of family lore for literally hundreds of years. While there is no official research done on how it helps sunburns in particular, there are a vast amount of people out there who swear up and down that vinegar helps heal sunburn, or mildly burned tissue in general. Pure unfiltered apple cider vinegar seems to work the best, and often times proponents of this method say is most effective after a cool or tepid shower.

1 cup roughly apple cider vinegar, Cotton balls

Directions: -Try this after taking a water only shower if possible. Fill a spray bottle with pure unfiltered apple cider vinegar, and spritz it onto your burn, or soak cotton balls and apply. Let it dry.