

Newsletter Thuisarts

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Thuisarts Newsletter – from your GP practice

Dinsdag 14 april 2026

The days are getting longer and warmer. You may feel like going out into nature. But there are also creatures that can cause complaints, such as ticks and the oak processionary caterpillar.

Read tips on how to recognize a tick bite and what to do if you are affected by the oak processionary caterpillar.

This newsletter also includes useful exercises if you often feel dizzy and how to learn to sleep better.

Have you or your child had a negative experience with chatting, nude photos, or sexual videos? You can read where to get help.

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.



How do you recognize a tick bite?

Enjoying a walk in nature? Watch out for ticks. They can bite, often without you noticing.

Ticks always look for a warm spot on your skin, such as your armpit, groin, or between the buttocks.

- Has the tick just attached to your skin? Then you will see a small black dot. It is attached and looks a bit like a tiny spider. The tick fills itself with blood and becomes bigger, eventually about the size of a pea.
- A tick bite does not hurt.
- Sometimes a red spot appears at the site of the bite. This usually disappears within about a week.

Note: A tick bite can be dangerous. There is a small chance of getting a disease such as Lyme disease. The longer the tick stays attached, the greater the risk. Therefore, remove the tick within 24 hours, for example with tweezers or a tick remover.

[Read how to remove a tick yourself.](#)



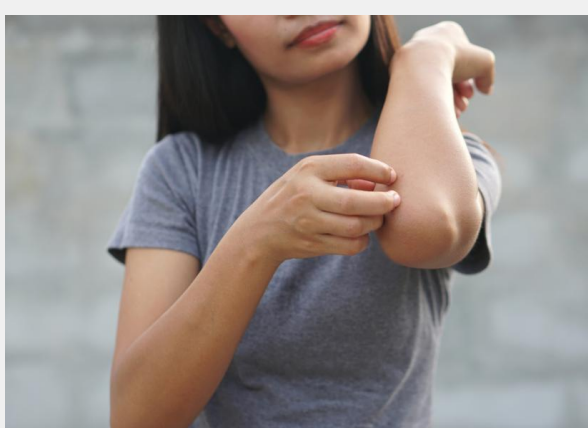
3 tips for complaints caused by the oak processionary caterpillar

From May to August, oak processionary caterpillars can be found in oak trees. The hairs of these caterpillars can spread through the air. These hairs can land on your skin, or in your eyes or lungs, causing symptoms such as itching, bumps, red spots, red eyes, or a tickly throat.

You can do the following:

- Wash clothing at 60°C to remove the hairs.
- Do you have itching or red spots? Put a piece of adhesive tape on your skin and pull it off again. The hairs will stick to the tape.
- Rinse your skin and eyes thoroughly with plenty of lukewarm water, for example in the shower.

[When should you call your GP for symptoms caused by the oak processionary caterpillar?](#)



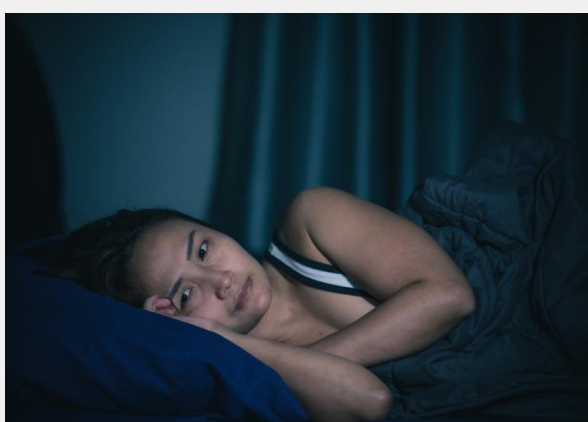
True or false: with scabies you only treat yourself

False. Scabies is a highly contagious skin condition. Others need to be treated at the same time as you. Treatment can be with a cream, gel, or tablets from the pharmacy.

Inform others quickly if you have scabies, such as:

- Everyone living in your household.
- People you have cared for in the past 6 weeks.
- Anyone who has used your clothing, towels, or bedding in the past 6 weeks.

[Read all about scabies and how treatment works.](#)



How to learn to sleep better

Do you sleep poorly? This can have different causes, such as stress or mental health issues, or going to bed and waking up at different times. These tips may help you sleep better:

- Go to bed and get up at the same time every day.
- Make sure you relax and get enough exercise during the day.
- Go outside for an hour every day, preferably in the morning.

Maybe you don't know why you sleep poorly. In that case, you can keep a sleep diary for one week. Do not use a smartwatch for this, as it cannot reliably measure your sleep.

[Yes, I will keep a sleep diary.](#)



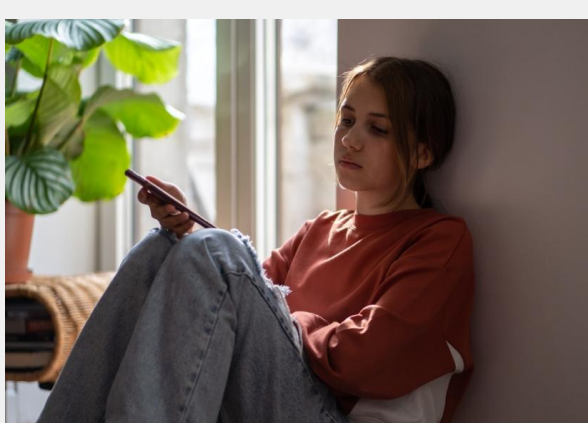
Feeling dizzy? These exercises may help

Have you often felt dizzy for more than a month? And does it get worse when you move your head? Then you can do special exercises to reduce dizziness.

These exercises involve turning and nodding your head. By doing them every day, your dizziness may decrease. You can gradually make the exercises more difficult.

Have you been doing these exercises for 2 months and still have many complaints? Or are you unable to do them properly? Then make an appointment with your GP.

[Go to the exercises](#)



Get help with online sexual abuse

Have you or your child had a negative experience online, for example with chatting, nude photos, or sexual videos?

It is important to talk about this with people you trust.

You can find help here:

- **Talk to your GP or practice nurse.** What you discuss is confidential (professional confidentiality).
- **The Centrum Seksueel Geweld** is there for people who have had a negative sexual experience. You can call 24/7: 0800 0188. You can also chat anonymously.
- **The Offlimits helpline** is there for anyone who has had a negative online experience. You can also get advice on removing nude photos or sexual videos from the internet.
- **Are you in danger, or is someone you know in danger?** Go to the police. You can report it or file a complaint.

[Read what else you can do in case of online sexual abuse.](#)



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