

# Summer Savvy

## Tips for Avoiding Illnesses

Ahh, sweet summertime! Temperatures get hotter, days get longer, drinks get colder and life gets a little better. The hotter season also dishes out a few more risks like drowning and heat strokes. The good news, summer illnesses and injuries are usually preventable. Check out our tips for staying healthy and happy this summer!

### SUNBURN

Almost everyone has had their skin scorched at least once in their lifetime. Sunburns are painful, uncomfortable and can increase your risk of skin cancer. Wear sunscreen with a SPF of 15 or higher. Reapply it as needed and cover up with clothing and a wide-brimmed hat to protect exposed skin. Drink plenty of cool, non-alcoholic fluids. Seek shade. When possible, avoid outdoor activities during midday, when the sun's rays are strongest.

### BUG BITES

Sorry bugs, but no one wants you at their summer shindigs. In order to avoid these pesky creatures use insect repellent and citronella candles. If you're heading into the woods, skip the shorts and tanks and cover up with lightweight, long-sleeved shirts and pants. Install or repair window and door screens on your house.

Eliminate mosquito breeding sites by dumping any sitting water around your property.



### FIREWORKS INJURIES

A summer isn't complete without some sort of July 4th fireworks celebration. It's important to remember that fireworks can be dangerous and it's best to leave the displays to trained professionals. Never allow kids to play with or ignite fireworks. Be sure other people are out of range before lighting fireworks and have a fire extinguisher or a bucket or water nearby in case of a fire.



### HEAT STROKE AND DEHYDRATION.

Dehydration can be a serious heat-related disease that can lead to heat stroke. A combo of overexposure to the sun and not drinking enough water can cause the body's cooling system to fail. If a person becomes dehydrated and cannot sweat enough to cool down, internal temps may rise to dangerously high levels causing heat stroke. Avoid heat-related illnesses by drinking plenty of fluids, especially when working or playing in the sun. Make sure you are taking in more fluid than you are losing. Try to schedule physical outdoor activities for the cooler parts of the day.



### WATER SAFETY

One of the best ways to cool off during the hot summer months is to jump into the nearest body of water. To avoid the potential for drownings, learn how to swim, take your kids to swim lessons and never swim alone. Always keep an eye on children in and around water. Wear a life jacket and avoid drinking alcoholic beverages while boating.



### FOOD POISONING

Food-borne illnesses peak in the summer months since hot temps and humid conditions provide the optimum breeding ground for bacteria to multiply rapidly. Be especially wary of food that's been sitting out in the sun all day and wash your hands properly before eating.



### SUMMER FEET

It's sandal season and your feet will be carrying you through however you spend your time outside. Limit walking barefoot. It exposes feet to sunburn, athlete's foot and other infections. Going barefoot also increases risk of injury and raises the risk of stepping on glass or splinters.

