

SUMMER HEALTHY TIPS





SUMMER HEALTHY TIPS



Drowning is responsible for more deaths among children 1-4 years old than any other cause except birth defects. Do not leave children unattended to swim alone. Encourage children and other non-swimmers to use lifejackets!





SUMMER HEALTHY TIPS



Eat healthy by the pool. Pack a cooler with ice, water bottles, sandwiches, vegetables sticks with hummus, and plenty of summer fruits like watermelon and cherries.

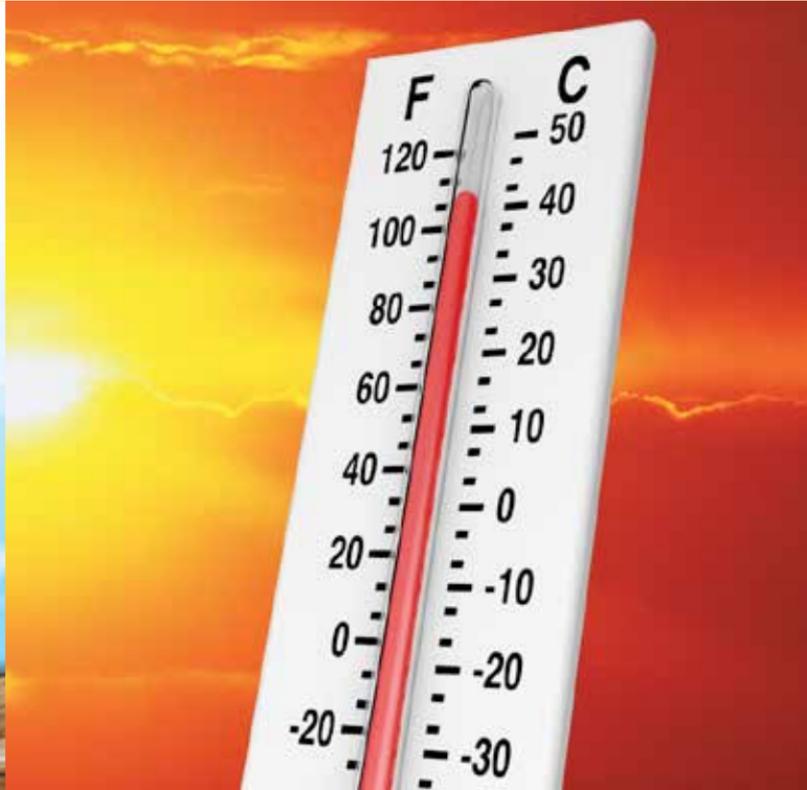




SUMMER HEALTHY TIPS



Seek shade or air conditioned areas- public locations such as libraries- for elderly. Call and check on friends, family, and neighbors especially on days of extreme heat.

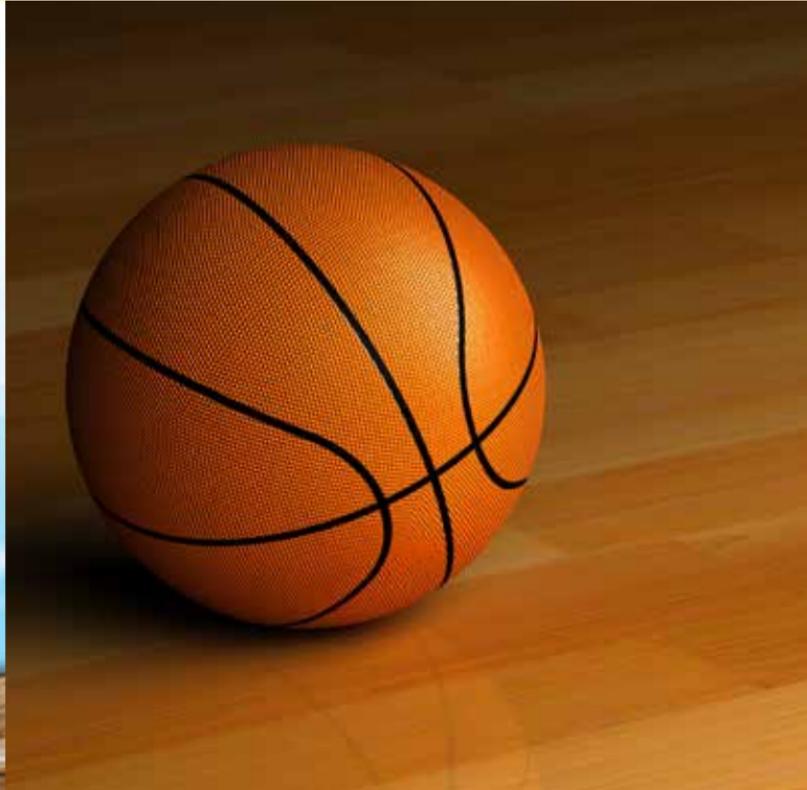




SUMMER HEALTHY TIPS



Head indoors when the outdoors gets very hot, try indoor activities like basketball, yoga or swimming at your local recreation center.





SUMMER HEALTHY TIPS



Take advantage of the summer weather and use your bike to do weekend errands. Great exercise, too!





SUMMER HEALTHY TIPS



Summer can be a great time to quit smoking. The longer days allow you more time to get outside, be active and enjoy seasonal fruits and vegetables. These activities can help you keep your mind off of cravings. Call 1-800-NO-BUTTS for free help to quit.

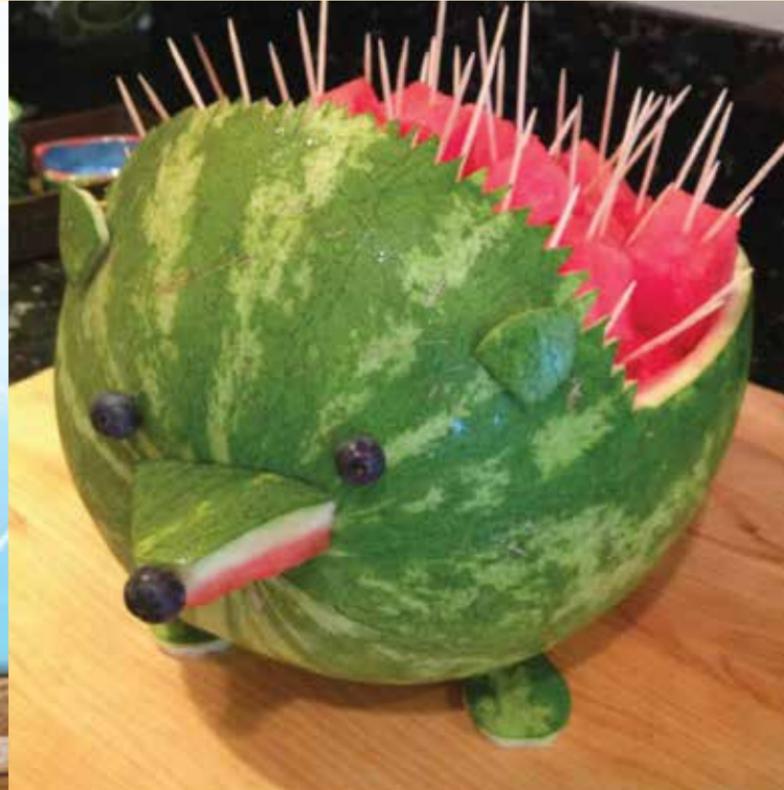




SUMMER HEALTHY TIPS



Summer comes with plenty of seasonal fruits and veggies that are refreshing and healthy. Make them appealing to your kids by building fruit/veggie creations with them!



SUMMER HEALTHY TIPS



Beat the heat when pregnant! Take a dip in the pool, remember to wear a hat, sunglasses, and apply sunscreen.





SUMMER HEALTHY TIPS



When in the sun protect yourself and your family by wearing hats, light colored clothing, applying water-resistant sunscreen with at least 30 SPF every 2 hours, and avoiding intense activities between 12:00PM-3:00PM





SUMMER HEALTHY TIPS



Summer is for BBQs and fun, not foodborne illness! When cooking or grilling, remember to clean surfaces, utensils, and hands with soap and water. Keep your plates and utensils used for meats separate from those used on fruits and vegetables.

