

Summer Health Tips

Sun Care

- Use sunscreen or sun block everyday, especially during the summer months when the sun's rays are most intense.
- Use sun protection with an SPF rating of 15 or higher.
- Anyone with an extended period of sun exposure should apply and reapply sun block throughout the day to avoid sun rash, sun burns, or possible skin cancer
- Wear appropriate clothing for outdoor activities during the summer season to stay cool and dry, and prevent possible heat exhaustion
- Drink plenty of fluids to stay hydrated when exposed to the sun's intense heat
- Moisturize skin with vitamin E and aloe to replenish the lost fluids after sun exposure



Seasonal Allergies



- Stay indoors between 5 a.m. and 10 a.m., when outdoor pollen counts are usually highest.
- When mowing the lawn or being around freshly cut grass, wear a mask or a handkerchief
- Take a shower, wash your hair, and change your clothes to remove pollen that may have collected in your clothes and hair.
- Keep windows closed to prevent pollens from drifting into your home
- Keep your car windows closed when traveling
- Machine dry bedding and clothing. Pollen may collect in laundry if it is hung outside to dry
- If you are highly prone to seasonal allergies, many anti-histamine medications can help block the effects of indoor and outdoor allergens

Fireworks and Fire Safety

- Only purchase legal fireworks, from licensed distributors
- Only adults should light fireworks
- Always use fireworks outside and have a bucket of water and a hose, ready to put out any fireworks or grass fires that may be caused by the use of fireworks
- Light fireworks one at a time
- Keep away from fireworks that have not gone off, and never try to re-light fireworks
- Keep fireworks away from brush, leaves, and flammable substances
- The safest way to prevent fireworks-related injuries is to leave fireworks displays to trained professionals



Bites and Stings

- Do not provoke insects, if possible; and use protectants and repellants in swamps (mosquitoes), dense woods, fields, and brush (ticks, chiggers)
- Avoid perfumes and floral-patterned or dark clothing
- Use appropriate insect repellants and protective clothing, paying special attention to cuff areas at ankles, wrists, and neck
- Use caution when eating outdoors, especially with sweetened beverages or in areas around garbage cans, which often attract bees
- For those who have a serious allergy to insect bites or stings, carry an emergency epinephrine kit (which requires a prescription). Friends and family should be taught how to use it if you have a reaction. Wear a medical ID bracelet
- Wash the site thoroughly with soap and water
- Place ice (wrapped in a washcloth) on the site of the sting for 10 minutes and then off for 10 minutes. Repeat this process
- If necessary, take an antihistamine or apply creams that reduce itching
- Over the next several days, watch for signs of infection (such as increasing redness, swelling, or pain)



Food Safety

- Cook meat, poultry and seafood thoroughly
 - Use a meat thermometer to be sure grilled meats are sufficiently cooked
 - Wash hands, utensils, and cutting boards before they touch another food to prevent cross-contamination of foods
 - Wash hands, utensils, and cutting boards after they have been in contact with raw meat
 - Refrigerate any leftover foods shortly after serving
 - Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage
 - Keep perishable food like luncheon meats, cooked meats, chicken, and potato or pasta salads in an insulated cooler packed with ice
- Put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat. **If you have any doubts, throw it out.**



To learn more about these summer health tips, Concentra's complete list of health solutions, or how we can be part of your organization's health care program, contact us at www.Concentra.com.