



LARIMER COUNTY

JUNE 2019

your

HEALTHUPDATE

Avoid Summer Hazards



playing it cool IN THE SUMMER

Summer is the perfect season to be outside, engage with family and friends, and take advantage of the long days. **However, it's important to follow some tips to stay safe too.**



STAY HYDRATED

- Reach for water first. Jazz it up with fruit, herbs, or fizz.
- Avoid drinking alcohol excessively—especially during the day's heat.
- Snack on water-rich produce like melons, berries, cucumbers, tomatoes, and bell peppers.



KEEP YOUR SKIN SAFE

- Use sunscreen with a minimum of 30 SPF and reapply every two hours.
- Choose clothing that is lightweight, light colored, and loose-fitting.
- Wear sunglasses and a hat to protect your eyes and scalp.



KEEP IT COOL

- Limit outside time, especially between 11 a.m. and 1 p.m. when the sun's rays are the most damaging.
- Exercise outside during the early morning hours or late evening.
- Visit public places like a library, mall, or movie theater if you don't have air conditioning.



Physical health



Emotional health



Social health

Source: Huffington Post