



Share the Wellness Tip

July 26, 2013

Summer To-Dos

Although there might not be any homework this summer, there's still a shout list of things you can do to help you to get the most out of warmer months.

- Restock your home first aid supplies for summer. Make sure you have anti-itch cream for insect bites and poison ivy rashes, a broad spectrum sunscreen of at least SPF 15 to protect your skin from the sun's rays, and lotion or spray to relieve sunburn.
- Aim to take lunch break. Working through lunch everyday can sap your mental physical energy. Make it an outside lunch break or take a walk if your schedule allows.
- Plan an active summer vacation. Lounging around may feel good, but fitting in some physical activity like riding bikes, going to a park or rowing a boat will give you the benefits of an active lifestyle.
- Mosquitoes spread West Nile virus. Help prevent infection by draining any standing water outside your home to help prevent mosquito breeding. Check gutters, pool covers, old tires, and any open receptacles.
- Check the fit and condition of bicycle helmets. Replace a helmet if it's too small or has worn in an accident. Look for stickers inside the helmet certifying that any meets the Consumer Product Safety Commission (CPSC) standard for helmets.

Sources: Centers for Disease Control and Prevention, Bicycle Helmet Safety Institute

