



# Health and Wellness

## Tip of the Week

### Week 25 – June 17, 2019

#### **Fun In The Sun**

While summer is filled with sunshine and longer days, the sun can also pose a chance of heat-linked sickness. You can keep yourself and your kids safe by remembering three helpful tips.

- Stay cool – stay indoors when you can, plan outdoor events with care, pace yourself, wear sunscreen, don't leave children in cars
- Stay hydrated – drink plenty of fluids that replace salt and minerals from sweating and don't forget to keep pets hydrated
- Stay informed – check for local heat alerts, know the signs of heat-linked sickness and watch those at high risk

Have some fun this summer all while playing it safe!

*Source: Centers for Disease Control and Prevention*

#### **City of Mission**

Human Resources Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

