



Stay Hydrated

Health and Wellness

Tip of the Week Week 28 July 13, 2020

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

Planning Your Next Beach Vacation?

As temperatures are rising, more people are heading to the beach for summer vacation. It's important to stay hydrated and prevent heat-related illnesses by:

- Drinking water before you are thirsty to prevent dehydration
- Make healthy food choices
- Put on sunscreen of SPF 15 or higher at least every two hours
- Wear sunglasses and a hat
- Stay in the shade as much as possible

Make the most out of your beach vacation and be prepared.

Source: U.S. Food and Drug Administration

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