Health and Wellness Tip of the Week

Week 26 – June 24, 2019

The Dog Days of Summer

It's summertime and your kids want to go outside and play. The sun is strong and you're worried about its harmful effects. There are a lot of ways you can protect your kids from the sun but still enjoy outdoor activities.

- Find activities in the shade
- Cover up when possible with long-sleeved shirts and long pants
- Get a hat that shades the face, scalp, ears and neck
- Wear sunglasses to protect your child's eyes from UV rays
- Put on sunscreen with at least broad spectrum SPF 15

There are ways to have fun without taking the risk of sunburn. Always remember safety first. Too much sun can be no fun!

Source: Centers for Disease Control and Prevention

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

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