

BE WELL Bulletin

June 2017

Here Comes the Sun



The sun will be here soon! Plan ahead for a safe and healthy summer.

- **Protect your skin from the sun.** The sun can burn skin and, over time, the damage from the sun can cause serious problems, like skin cancer. Use sunscreen that is at least SPF 30 (sun protection factor 30) on any skin exposed to the sun. Wear long sleeves and a hat for additional protection. Keep children who are under 6 months old out of the sun.
- Protect your eyes from the sun. The sun can damage your eyes and eventually harm your eyesight. Wear sunglasses or a hat when you are outside.
- **Avoid bug bites and stings.** Bugs like mosquitoes and ticks can carry diseases. Bites and stings can also cause allergic reactions. **Insect repellants** are good way to protect yourself, but ask your doctor before you use it. Some products are not good for children or people with health conditions.
- Be prepared. Know where you can go to cool down. Call your local community center or doctor's office and ask where a local cooling shelter is. Have enough food, water and any medicines you need at home, so you do not have to go out if the temperature gets too high.
- **Stay hydrated.** When it is hot everyone needs to drink plenty of water to keep our bodies working well. Not drinking enough water can lead to becoming dehydrated and other serious problems.

Call your doctor if it is hot out and you or a family member feel nauseous, dizzy, or confused, or have a faster heartbeat than normal. These are some signs of **heat-related illness**. If you have ongoing health concerns, like diabetes or a heart condition, ask your doctor how heat may affect you and any medicines you are taking.

Summer Activity Ideas

Staying active is important to your health. When the weather heats up, follow these tips to **stay safe while staying active**:

- Go outside for activities at times when it isn't too hot, like in the morning or late evening.
- **Get active as a family.** Take a walk or ride bikes.
- Find a safe place to swim or play in a sprinkler. Water is a great way to cool off. Be sure to watch your kids closely around water and **practice water safety**.
- Check with your local **Boys & Girls Club** to find out about summer programs. Drop-In programs are typically free for club members! You can get a free membership as a CHPW member at participating Boys & Girls Clubs.
- The **YMCA** offers many summer programs. Find your local club and ask about summer programs.
- **Try indoor activities** like stretching, yoga or dancing around the house.

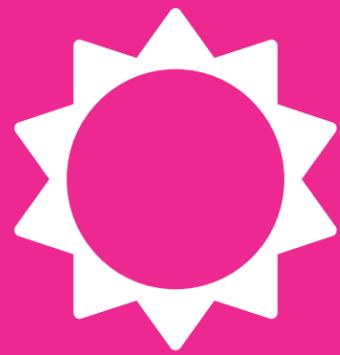
Resources For a Healthy Summer

- Summer food programs are available for your child when school is out. Find a program near you [here](#).
- If your child has a health condition or special needs you can search for a summer camp that may be a good fit for them. Check out Seattle Children's Hospital's online summer camp list [here](#).
- The State of Washington helps families who qualify pay for childcare. Learn more [here](#).
- Learn more about **The Early Childhood Education and Assistance Program (ECEAP)**. If you are currently pregnant or have a child under the age of 5, you may qualify for services and support through ECEAP to help with education, care and family support.

Plan ahead for a safe and healthy summer.

Tips for a healthy summer

- 1 Protect your skin and eyes from the sun.
- 2 Drink plenty of water.
- 3 Avoid being outside during the hottest times of day.
- 4 Plan safe and healthy activities for the whole family.
- 5 Learn about resources in your community that can help you enjoy a healthy summer.



Resources

We have a number of resources and tools to keep you healthy and help you manage chronic conditions. Check out these additional resources:

[Health and Wellness A-Z Library](#)

[Children First Program](#)

[Quit for Life](#)

[New Arrivals](#)

To see previous editions of the Be Well Bulletin, visit our [archive](#).

MA_194_05_2017_Be_Well_Bulletin_Newsletter_Jun