Hello, Summer!

HealthCheck360

Summer is a great time to reset routines, enjoy the outdoors, and take simple steps to protect your health. A little preparation can help you feel energized, safe, and ready to enjoy the season.

Stock Your Vehicle For Summer Wellness:

- Reusable water bottle
- Sunscreen and SPF lip balm
- Sunglasses and a hat
- Bug spray or wipes
- Healthy snacks (put together a healthy trail mix to keep on-hand)
- Small fan
- Spare towel, change of clothes, and a picnic blanket

Wear hats, sunglasses, and protective clothing when possible, and seek shade during peak sun hours.

Be Heat-Smart:

- Watch for signs of heat exhaustion such as dizziness, headache, nausea, or heavy sweating.
- Take breaks in shaded or air-conditioned spaces.
- Stay hydrated, listen to your body, and rest when needed— heat can increase fatigue more quickly.

Check Your Sunscreen:

- Check expiration dates. Most sunscreens expire after 3 years and may not provide effective protection if expired.
- Choose a broad-spectrum sunscreen with SPF 30 or higher.
- Apply sunscreen 15 minutes before sun exposure.
- Reapply every 2 hours, or sooner if swimming or sweating.



Don't forget these commonly missed (but high-risk) spots:

- Top of ears
- Back of the neck and along the hairline
- Hands and between fingers
- Scalp, especially for thinning hair or part lines
- Top of feet and ankles
- Lips (use an SPF lip balm)