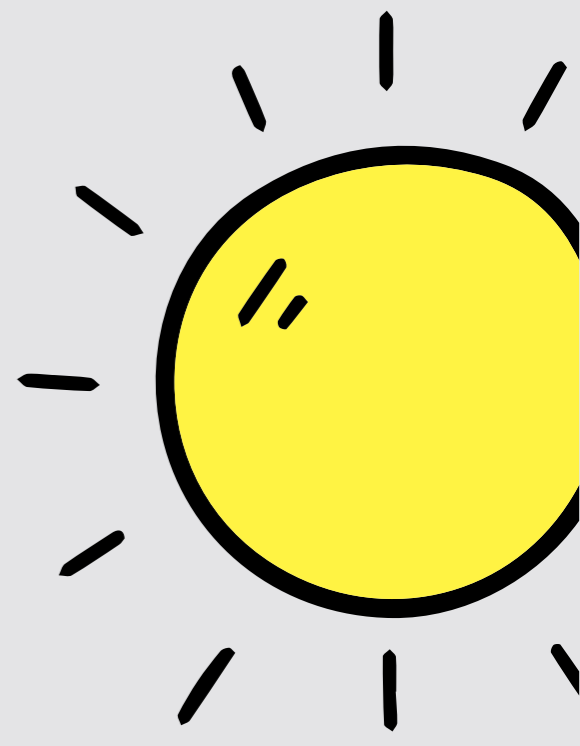
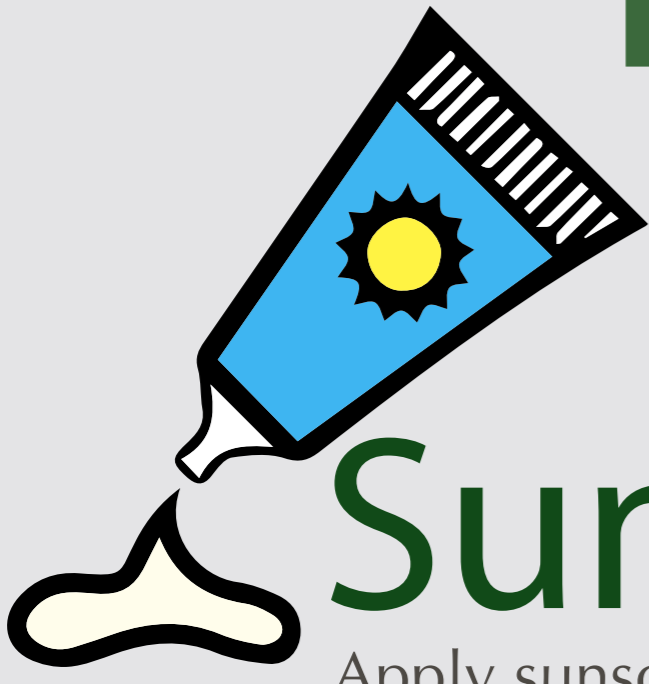




Summer Health



Tips & Risks



Sunburn ¹

Apply sunscreen 30 minutes before sun exposure and reapply every 2 hours and after swimming or sweating.



Dehydration

Symptoms Include:



Cramping



Dizziness



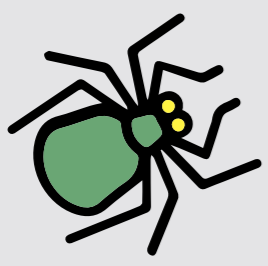
Drowsiness



Irritability



Trouble Focusing



Lyme Disease ¹

An estimated 300,000 Americans are diagnosed with Lyme Disease each year.



Tip: Avoid unmarked & untended trails to reduce exposure to ticks and always wear insect repellent when outdoors.



Poison Ivy Oak & Sumac ⁴

85% of people are allergic to Poison Ivy, Sumac, or Oak. It is the Most common allergy in America, affecting 50 million per year.



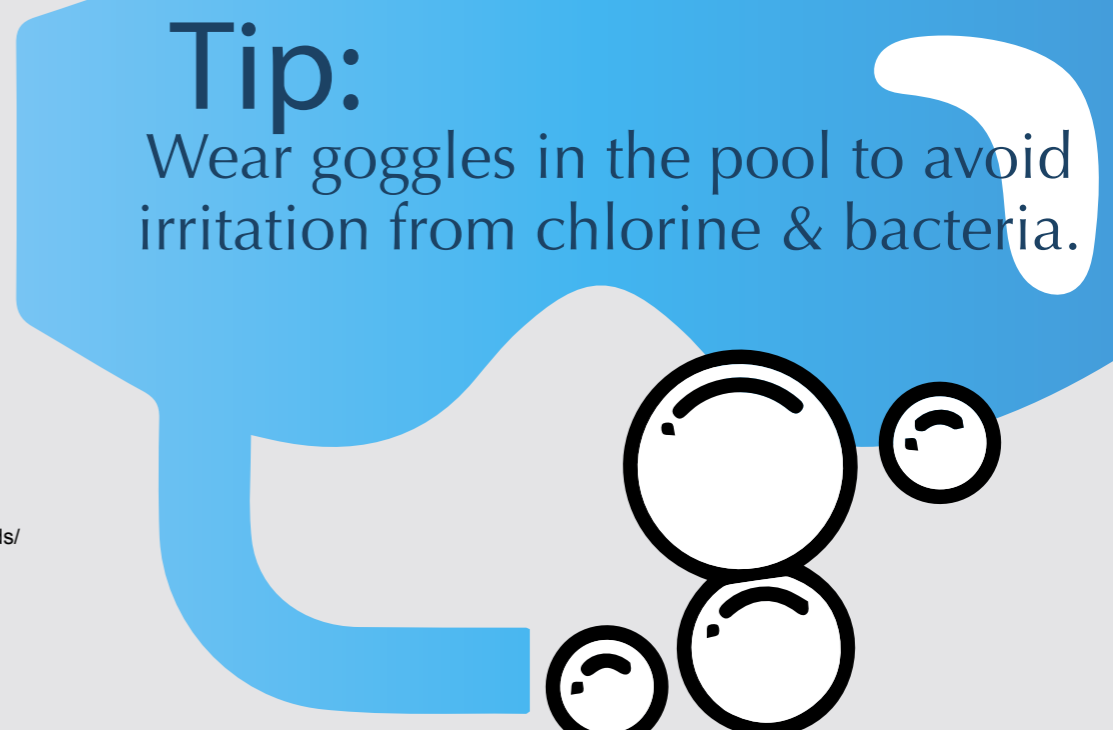
Eye Safety ⁵

Long-term exposure to UV rays may increase risk of cataracts.

Wear UV protective sunglasses & hats to reduce exposure.



Tip: Wear long sleeves and long pants when walking on trails.



Tip: Wear goggles in the pool to avoid irritation from chlorine & bacteria.

(1) Time.Com, Beat 11 Summer Health Hazards, June 1, 2014. Accessed May 2017. <http://time.com/2806911/beat-11-summer-health-hazards/>
(2) Mind Body Green, 5 Hydration Facts You Need To Know (But Probably Don't), July 3 2013. Accessed May 2017. <https://www.mindbodygreen.com/0-10152/5-hydration-facts-you-need-to-know-but-probably-dont.html>
(3) MedicineNet.com, Dehydration. Accessed May 2017. <http://www.medicinenet.com/dehydration/article.htm>
(4) American Skin Association, Poison Ivy, Sumac and Oak. Access May 2017. <http://www.americanskin.org/resource/poisonivy.php>
(5) Improve Vision Naturally, Three Summertime Dangers & 9 Ways of Protecting Your Eyes in The Summer. Accessed May 2017. <http://www.improve-vision-naturally.com/protecting-your-eyes-in-the-summer.html>