



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



## HEALTHY HUDDLE WITH GEHA.

### TIPS FOR A SAFE & HEALTHY SUMMER

Summertime is a great time of year to be active outdoors. Make the most of your summer by practicing basic summer safety tips, while doing the activities you enjoy the most.



#### HEAT SAFETY AVOID THE RISK OF OVERHEATING.

- Wear one layer of lightweight, lightly colored clothing.
- Drink lots of water, especially before, during and after activity.
- Limit high intensity outdoor activities.
- If you start feeling too hot, stop what you are doing and seek shade or refreshment.
- Monitor anyone experiencing signs of heat exhaustion.

**Heat exhaustion signs include: confusion, dark colored urine, dizziness, fainting, muscle cramps, headaches, pale skin, profuse sweating and rapid heartbeat. If you don't experience relief within 30 minutes, contact a doctor.**



#### INSECT BITE SAFETY BEWARE OF THE BITE.

- Limit or avoid using floral or strongly scented soaps, perfumes and hair spray.
- Wear a hat and clothing that covers sensitive areas, like your scalp and back, especially if hiking or spending time on a nature trail.
- Use insect repellents containing 10 to 30 percent DEET on all children over the age of two months and adults. DEET should not be used on children under the age of two months.



#### SUN SAFETY SUNBURN IS NO FUN!

- Limit sun exposure between 10 a.m. and 4 p.m., or during peak intensity hours.
- Use sunscreen of at least SPF 15 that protects against both UVA and UVB rays.
- Don't forget to reapply sun block every two hours and after swimming or sweating.



#### WATER SAFETY STAY AFLOAT AND MAKE SURE OTHERS DO TOO.

- Keep infants, toddlers and weak swimmers within arm's reach at the pool, lake, beach or other swimming areas. Maintain a watchful eye.
- On a boat, everyone needs a life jacket. If there aren't enough jackets for everyone, make sure children are protected first. Inflatable swimming aids are not a substitute.
- Never leave children alone in or around a pool.
- Set and enforce strict pool, lake and beach rules for you, your family and friends.

Now you know how to have a safe summer, so get out there and play!

GEHA is here to help you [with healthy living resources](#) that will allow you to Choose Possible every day!

**Source:** [Centers for Disease Control](#)

Explore more at the [Chiefs Wellness Program homepage](#) -->