Healthy Tips *for a* Healthy Summer

Take precautions to keep your family safe and healthy while beating the heat this Summer!

CHECKLIST FOR A HEALTHY & SAFE SUMMER:

- ✔ **HYDRATE** Drink plenty of water before, during and after physical activity to avoid dehydration and heat related illnesses.
- ✔ **SUNSCREEN** Use broad-spectrum sunscreen SPF 15 or higher every day for kids older than 6 months. Reapply after swimming, sweating, or after more than 2 hours in the sun.
- ✔ **COVER UP** Wear loose fitting, light colored clothing, sunglasses and a wide-brimmed hat.
- ✔ **HEAT SAFETY** Avoid intense outdoor activities and seek shade or head indoors between 10am and 4pm when UV rays are strongest.
- ✔ **BUG SPRAY** Use EPA-registered insect repellent for protection against mosquitoes, ticks, and other bugs. Apply sunscreen first, then apply repellent. Do not use products that contain both sunscreen and repellent.

Do you know the ABCDEs of Melanoma Skin Cancer?

Asymmetry: one half doesn't match the appearance of the other half
Border: irregular ragged, notched or blurred
Color: not uniform in color
Diameter: size greater than 1/4 inch, size of pencil eraser
Evolution: change in size, shape, surface or color

Make an appointment at **The NOMYAW Onsite Clinic** for a skin cancer screening and receive a free ***SUMMER SURVIVAL KIT!***

To schedule call 903-462-0671 or email nomyaw@gpa-hwcc.com

Your personal health information is not shared with your employer. Professional confidentiality is always maintained.

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