

# JULY WELLNESS



## WELLNESS TOPICS THIS MONTH INCLUDE:

### UV SAFETY AND EXERCISING IN THE HEAT

Children spend a lot of their time outdoors. With increased sun exposure, it is important to take steps in preventing sunburn. One way to teach children about sun protection is the ABCs of protection.

**A=Away.** Stay away from the harmful rays of the sun as much as possible during the hours of 10 a.m. - 4 p.m.

**B=Block.** Block the sun with an SPF sunscreen of 30 or higher to protect skin. **C=Cover Up.** Cover up with clothing, hats and sunglasses to protect against the sun. For additional information on sun protection for you and your children, visit Harvard Pilgrim's website, [harvardpilgrim.org](http://harvardpilgrim.org). Click on Health Topics A-Z under Top Tasks at the bottom of page. Open a new window to reach Healthwise. Then, in the search engine put:

**Protecting Your Skin From the Sun**

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Test your sunscreen IQ. Do you know which medications can make you more sensitive to the sun? Would you say the best type of sunscreen comes in a lotion, gel, spray or all forms? Do you know the best clothing choices for sun protection? Did you know that a canvas hat is better than a baseball cap for sun protection because it protects the back of your neck and ears, as well as your face? Test your sunscreen IQ, and learn about the correct answers, by taking a quick quiz through BCBS's *a healthy me* website, [www.ahealthyme.com](http://www.ahealthyme.com).

To reach the quiz put: **Take the Summer Sun Exposure Quiz** into the search engine.

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July is a great month to stay active. With a few precautions, exercising outdoors can continue throughout the summer. If you have not been active for a long time, have heart problems or other health issues, be sure to check with your doctor first. Tips for staying active outdoors in the heat include: wearing light-colored, breathable clothing, exercising in the shade as much as you can, and drinking plenty of water. In addition to high temperatures, it is also important to be aware of humidity levels. In humid conditions, it is more difficult to cool off through sweating. For additional information on exercising in the heat, visit [tuftshealthplan.com](http://tuftshealthplan.com).

Click on Health & Wellness, and then to reach the link to the article, put:

**Quick Tips: Staying Active in Hot Weather** into the search engine.

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Our bodies regulate internal temperatures through the cooling mechanisms of sweating, and through blood flow to the skin. When these mechanisms are no longer effective, heat-related illnesses occur. Heat-related illnesses range from heat rash (which can make your skin itchy) to heatstroke (which is life-threatening, and medical attention is needed immediately). Factors that contribute to heat-related illnesses include: dehydration, fatigue, overdressing, certain medications, drinking alcohol, age, obesity, and some chronic diseases.

To learn additional types of heat-related illnesses and additional factors that contribute to them, click here for an article through Fallon's website: **Heat-Related Illnesses**