

Summer Fun and Good Health!



Just a few summer reminders from the Health Office:

1. Parents, if your child has an annual physical exam or any new immunizations with their primary care provider, please have them fax a copy to us at 693-1480.
2. Get outside and move at least an hour every day. Wear sunscreen (SPF 30 or greater, applied every 2 hours), stay hydrated (at least a full glass of water or Gatorade every hour), wear sunglasses (that block at least 99% of ultraviolet A and B rays), and protective gear (helmet?) for whatever activities you choose. Avoid outside activities between 10 a.m. and 2 p.m.
3. Early signs of dehydration include fatigue, thirst, dry lips and tongue, lack of energy, and feeling overheated. But if kids wait to drink until they feel thirsty, they're already dehydrated. Untreated dehydration can lead to three worse types of heat illness: heat cramps, heat exhaustion, and heat stroke - the last 2 are medical emergencies and require immediate medical attention.
4. Get dirty! To improve your stress level, plant a small garden, cultivate a flower box, or, if space is really limited, plant a few flower pots - indoors or out. Get the children involved; many kids will eat new foods if they've grown or picked them themselves.
5. Get clean! Keep up the good habits of the school day: brush teeth every morning and night, floss, and take refreshing showers. If children stay in the habit all summer, it will be automatic when school starts again.

6. Enjoy the fruits and vegetables of summer - at least five servings every day. They are full of the nutrients our bodies need to stay healthy and they are easier to get in the summer.
7. Relax. Spend time together. Read every day and play every day. This time is precious and will fly by.
8. Enjoy. You know how looong winter can be.