



Stay safe and healthy this summer

As you and your family enjoy backyards, beaches, playgrounds and parks, keep these tips in mind.¹

Stay sun safe.

Avoid overexposure to the sun with sunscreen, hats and sunglasses. Remember, the sun's rays reflect more on sand, water and cement, and can cut through cloudy days.

Beat the heat.

Higher temperatures and increased activity can bring on heat stroke or heat exhaustion. Take extra breaks and drink plenty of water. Avoid alcoholic beverages as well as soda and energy drinks that can dehydrate you.

Be aware of bugs.

Protect yourself with bug repellent from West Nile Virus, Lyme disease and other insect-borne illnesses. Remove standing water like birdbaths where mosquitoes can breed.

Gear up.

Wear a helmet and other protective gear when bicycling, skateboarding and rollerblading.

Practice water safety.

Make sure a lifeguard or another adult is monitoring swimmers.



Wellness Webinar Series

As summer heats up, get the facts on skin cancer and sun safety.

July 21, 2020 | 10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars>



Coach's corner

As a Registered Nurse and health coach, Latasha specializes in diabetes education, management and self-care. She enjoys helping others gain control of their health so they can feel safe and secure.

Coach Latasha
RN, MSN, DCES

Latasha's well-being tips:

Just 15 minutes of the sun's ultraviolet (UV) rays can damage your skin.² One way to protect yourself is to use sunscreen:

Choose one with at least a 30 SPF. Make sure it offers broad spectrum protection.

Reapply it every two hours. Sunscreen wears off, so you'll also need to reapply after swimming, sweating or toweling off.

Check the expiration date. Sunscreen without a date has a shelf life of no more than three years.



Cold Fusilli Pasta with Summer Vegetables

Put a whole new twist on pasta salad. After you register find more healthy recipes at: **MyActiveHealth.com > Library > Healthy Recipes.**

2. Centers for Disease Control, (CDC), "Sun Safety", accessed May 6, 2020, https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

3. Centers for Disease Control, (CDC), "Sun Safety Tips for Families", accessed May 6, 2020, https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families

Spotlight on Skin Cancer

With nearly 5 million treated every year, skin cancer is the most common cancer in the U.S.³ The good news is that it's preventable.

Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer. Even just a few, serious sunburns can put you at greater risk for skin cancer later in life. Since anyone can get skin cancer, it's important to use sunscreen.

Other risk factors include:

- A lighter, natural skin color.
- Skin that burns, freckles or reddens easily in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types of moles.
- A family or personal history of skin cancer.
- Older age.

Stay healthy to be sun smart. Keep in mind that the sun's UV rays are strongest:

- From late morning through mid-afternoon.
- Near the equator.
- During summer months.
- At high altitudes.

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