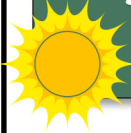


Slip, Slap, Slop, & Wrap



Four easy steps to protect yourself from sun damage.

- 1. Slip into something more protective.** The best choice for sun protection? Clothes! Start with lightweight clothing, then...
- 2. Slap on a wide-brimmed hat to create your own shade.** After that,
- 3. Slop on the sunscreen wherever your skin is exposed.** This is where things can get a little more complicated, but in general:
 - Choose mineral-based (zinc or titanium oxide) lotions, instead of sprays. The nano-sized particles of the spray can get into your lungs and cause injury. An additional benefit is that these types of sunblock don't cause environmental damage.
 - Skip anything that lists an SPF of over 60. There's no good data showing that any sunscreen can actually offer protection higher than that. Just make sure that it's an SPF between 15 and 60 and says "broad spectrum." That means that it protects against both types of damaging sun rays.
- 4. Lastly, wrap up your sun protection** by putting on wrap-around sunglasses to protect your eyes.

And remember— do your best to stay out of the sun from 10-2, when the sun's rays are strongest. To learn more, visit:
<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/is-sunscreen-safe>

Travel Well!

Staying Healthy When You're On The Road

Eating well while traveling can seem next to impossible. Every gas station is loaded with sugary, salty, greasy temptations, and fast food restaurants line the roads.

But with some savvy shopping at the convenience store, it's possible to mix up a quick meal that tastes good and is good for you too!

Convenience Store Meal Hacks

Eating Equation = Protein + Fiber + Fat

1. Find a protein (hard boiled eggs, skim milk, low-sugar yogurt, jerky, nuts...)
2. Choose some fiber-rich food (veggies and/or fruit, plus whole grains: popcorn, crackers, oat or nut-based bar...)
3. Finish with a little bit of healthy fat (avocado, peanut butter...)

DIY Yogurt Parfait

1. Yogurt (regular or Greek)
2. Sprinkle with cut-up fruit
3. Top with crushed nut or grain-based bar.
4. Beware! Many yogurts and "granola bars" are really just candy in disguise. Check the labels and go with the low-sugar option.

PB and Fruit Bites

1. Whole grain crackers or breakfast bars
2. Spread with peanut or other nut butter
3. Top with apple or banana slices.

Tuna Salad Snack

1. Can or pouch of tuna.
2. Mix in pickle relish and mayo from the hot dog station.
3. Serve on whole grain crackers.
4. Pair with some fresh fruit.



Anytime Oatmeal

1. Single serving oatmeal made with hot water from the coffee bar.
2. Stir in peanut butter, nuts or granola.
3. Top with banana or other fruit.
4. Bonus! If there's a microwave available, use milk instead of water for extra nutritional oomph.

Good Old PB and B

1. 100% Whole grain bread or tortillas
2. Spread with peanut or other nut butter
3. Top with banana or other fruit
4. Wash it down with milk.

Mix and Match - Super Singles

- Pre-packaged salads with some type of protein and a low-fat dressing
- Jerky (choose the lowest sodium & fat)
- Peanut Butter filled pretzels
- Hummus or guacamole
- Roasted chickpeas
- Snap pea crisps
- Cut-up veggies
- Hard-boiled eggs
- Cottage cheese
- Cheese Sticks
- Popcorn
- Cereal with milk
- Nuts
- Trail mix
- Yogurt
- Fruit

Watch out for Drink Dangers!

Choose fizzy waters, unsweetened teas, milk, or even better yet - refill your own water bottle.

Taking care of ourselves can take a lot of support. We're here to help! Ask a nurse or provider if you'd like to talk.

Safe on the Road

Risky driving comes in many forms.



Driving takes quick thinking and coordination - the very skills that alcohol impairs. The more that someone drinks, the higher their blood alcohol content gets (BAC), and more impaired they become. BAC can be impacted by sex, body size, type and amount of alcohol, and time between drinks. Drunk or buzzed driving can have devastating consequences. Almost 1/3 of ALL motor vehicle traffic deaths are caused by drunk driving.

To see how much drinking would affect **your** BAC, visit <https://www.responsibility.org/drink-responsibly/virtual-bar-and-BAC-calculator/> and have a drink (or 2 or 3) at the Virtual Bar!

Driving while under the influence of any drug, whether it's over-the-counter or prescribed, legal or illegal, puts you and other people in danger, and is against the law. It's a myth that it's safe to drive if you've been using pot. Marijuana interferes with cognitive functions and the ability to multitask, at the same time it's impairing motor skills and lane tracking.



Just like alcohol and other drugs slow reaction times and impairs thinking ability, so does driving when sleepy. The results can be the same too - crashes that cause injury or death. Most drowsy-driving crashes happen in the late afternoon and between midnight - 6 a.m. Whatever the time of day, watch out for signs of drowsiness (crossing over road lines, hitting rumble strips...) and pull over for a power-nap.



Remember: If you feel different, you drive different!

Distracted driving is caused by anything that takes your attention away from the road: talking on the phone or in person, texting, adjusting the GPS or music, eating, or drinking. Imagine that you're driving at 55 miles per hour. If you take your eyes off the road for just 5 seconds, you'll have driven 100 yards. That's like driving the length of a football field with your eyes closed.



What if you're driving even faster than 55 mph? The faster you're driving, the less time you have to respond to *anything* and the greater the potential to lose control of the vehicle. Higher speed also decreases the time you have to brake. It takes longer to stop and increases injuries and damages caused by a crash.



One of the easiest and safest choices that can be made by anyone in a vehicle is to buckle up, and fortunately, almost 90% of Americans do just that. In fact, in 2017 alone, seat belts saved 14,955 lives. Seat belts could have saved another 2,549 people if they had been buckled in too.



For more information on risky and safe driving, visit: <https://www.nhtsa.gov/risky-driving>

Safe on the Water

Swimming safely in open water.

The skills that you need to swim safely in open waters are different than the skills that you need to swim in the controlled environment of a swimming pool.



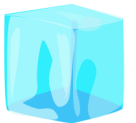
Wade in feet first. Be cautious when entering unknown or shallow water. Only dive in water that is at least 9 feet deep and clear of underwater obstacles. Don't dive off of elevated platforms, such as bridges or boats. Be alert for drop-offs that can cause sudden changes in water depth.

Be careful when standing to avoid being knocked over by currents or waves. Even shallow water can have rapids. Watch out for hazards such as dams, rocks, or debris. Vegetation such as moss can make rocks slippery and difficult to navigate. Water shoes are a good idea - both to provide traction and to protect your feet from cuts.



Stay aware of the weather, both in your local area and upstream from where you're swimming. Even if the weather is good where you're at, a rainstorm upstream could cause flash flooding downstream. If you hear thunder or see lightning, leave the water immediately. Seek shelter inside a structure that has plumbing or electricity and stay there until 30 minutes has passed from the last thunderclap. (The plumbing and electrical wires act as "grounds" and will conduct the electrical current into the earth.) Lightning can strike up to 10 miles away from a storm - blue sky isn't a guarantee of safety. For more enlightening facts about lightning, visit: <https://news.nationalgeographic.com/news/2004/06/flash-facts-about-lightning/>

Even in the summer months, water can be cold enough to cause hypothermia. Water conducts heat more efficiently than air does, so a person swimming in 65-degree water will get cold much faster than someone that's jogging in 65-degree weather. Signs to look for are shivering, blue lips, numbness, or confusion. Be especially watchful of children, as they have a greater surface area in proportion to their body mass and aren't always good at gauging when it's time to take a break to warm up. Wrapping in blankets and having a warm drink will help.



Know your limits. Swimming in open water is harder than swimming in a pool. People tire more quickly, and if they go under, it can be hard to see them in the murky water of a lake and it can make them more likely to be swept away in the current of a river. Two of the safest things you can do are to make sure everyone has learned how to swim well and wear life jackets!

For more information: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/lake-river-safety.html>