



WELLSAID.

IN THIS ISSUE: *Summer Skin Safety* • *National Parks and Rec Month* • *Litter Cleanup* • *Trail Mix*



Summer Skin Safety

Mosquito Bites

Mosquitos aren't just annoying; scratching a bite can cause a skin infection, too. Mosquitos can also carry West Nile virus, dengue fever, and other diseases. To protect yourself from mosquitos, apply insect repellent and cover up when you go outdoors, use door and window screens, and get rid of standing water in your yard, which is where mosquitos lay their eggs.

Bee Stings

Most reactions to bee stings are mild, causing minor swelling, pain, and itching. Severe allergic reactions occur in some people, with symptoms including hives, swelling of the mouth or throat, and difficulty breathing. If you have a severe anaphylactic reaction, get immediate medical care. If you don't have an allergic reaction, remove the stinger, clean the sting site, apply ice, and take an oral antihistamine for itching. A delay in removing the stinger increases the amount of venom you receive.

Ticks

If you enjoy the outdoors, be careful of ticks -- they can attach to you as you brush past grass and plants. Ticks don't always carry diseases, and most bites aren't serious. But they can carry diseases including Lyme disease and Rocky Mountain spotted fever. A bite can also trigger an allergic reaction. Be sure to remove a tick properly. To prevent tick bites, keep arms, legs, and head covered in grassy areas and use tick repellent.

Heat Rash

The result of blocked sweat ducts, heat rash looks like small pinkish pimples and is usually found on body areas covered by clothing. Most common in children, it may also affect adults in hot, humid climates. Most rashes heal on their own. To alleviate symptoms, apply cold compresses or take a cool bath. Air dry and avoid lotions. If baby's skin is irritable to the touch, ask your doctor about using calamine or hydrocortisone cream.

www.webmd.com

Sunburn

Too much exposure to the sun's UV rays can result in sunburn which usually appears within hours after sun exposure and may take weeks to fade. Pain relievers, cold compresses, aloe, hydrocortisone, or moisturizing creams may ease discomfort. Second-degree sunburn, characterized by redness, swelling, and blistering, is usually more painful and takes longer to heal. See a doctor if you have a blistered sunburn. To prevent sunburn, use a sunscreen of SPF 30 or higher when outdoors.

Skin Cancer

Skin cancer is the most prevalent of all cancers in the U.S. An uncontrolled growth of abnormal skin cells, it results in tumors that are benign or malignant. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Consult a doctor if a mole or spot changes in size, shape, or color, has irregular edges, is more than one color, is asymmetrical, or itches, oozes, or bleeds.



Sunsets are proof that endings can often be beautiful too.

~Beau Taplin

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Homemade Trail Mix

Of all the paths you take in life, make sure a few of them are dirt. - John Muir



Ingredients:

- 2/3 cup cereal (Cheerios, Wheat Chex, Puffins, etc.)
- 2/3 cup pretzels
- 2/3 cup nuts (almonds, cashews, walnuts, etc.)
- 1/3 cup seeds (pepitas, sunflower, pumpkin, etc.)
- 2/3 cup dried fruit (cranberries, cherries, raisins, etc.)
- 1/3 cup dark chocolate (optional)

Instructions:

Choose your favorites. Put all ingredients in a large bowl and use your hands to combine. Transfer to an airtight container.

<https://www.momskitchenhandbook.com>

Every little bit helps ...

- Pick up trash that has blown into your yard before it blows into another yard
- Bring a bag to collect trash on your next walk
- Pick up something in the parking lot on your way to the store

In addition to making your surroundings nicer, this habit can help in other ways. As you search for trash to pick up, focus on what you can do for the world instead of what the world can do for you.

Pick up a little trash, help the world, and help yourself.



Keep Your Neighborhood Clean

JULY IS NATIONAL PARKS & REC MONTH

Parks and Recreation: A TRUE HEALTH SOLUTION

Local park and recreation agencies provide health and wellness opportunities for all populations in communities across the country. As America continues to face serious health issues parks and recreation offer an affordable and accessible solution. Share with your communities the impact you are having on their health!

People who use parks and open spaces are **3 times more likely** to achieve the recommended levels of physical activity than nonusers!

Organized activities in parks in low-income neighborhoods can **increase park use by as much as 25%**

Older adults engage in over **3.5 times more physical activity** in parks with walking loops.³

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge⁴

73% of adults believe parks, trails, and open space are an essential part of the healthcare system⁵

www.nrpa.org/Health



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