

Tip of the Week Simple Health Do's July 20, 2009

Staying healthy is just as important in the summer as in the winter but we perhaps think more about staying on top of our health in the colder months of the year. According to authorities there are some simple things we can do that will keep us healthy as we continue to enjoy the summer.

- Do wash your hands with soap for 15 seconds after using the bathroom and after handling money. Teach your children to do this as well.
- Do make getting enough sleep a high priority for you and your family. Too little sleep weakens your immune system and makes you prone to accidents.
- Do get your children vaccinated. Vaccines occasionally cause problems, they save lives – doing much more good than harm.
- Do get a little sun. Sunshine is a natural (and free) source of Vitamin D, and more than half of all women and 41% of all men don't get enough of this important vitamin. All you need is 15 minutes each day.
- Do use sunscreen, especially if you are going to be in the sun for more than 15 minutes or between the hours of 10:00 am and 4 pm when the sun's ultraviolet rays are the strongest.
- Do get fresh air.
- Do give lots of fluids to drink to someone who is sick and try to drink up to eight glasses of water each day even when you are feeling well!
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Source: Diana Zuckerman, Ph.D. & Brandel Bravo, M.P.H