

# Summertime Safety



You can have fun in the sun – and the water – this summer while still taking steps to stay safe.

## In the sun...

- Avoid alcoholic and caffeinated drinks, which can dehydrate you.
- Avoid hot, heavy meals, which add heat to your body.
- Don't leave children or pets in cars, even if windows are open.
- Drink water before, during and after exercise.
- Keep children, pets and anyone in your care shaded and hydrated.
- Know the warning signs of heat stroke: headache; leg cramps; red, hot, dry skin; lightheadedness/dizziness; nausea.
- Know your limits during exercise; stop if you have trouble breathing.
- Limit outdoor activity to cooler times, such as morning and evening.
- Stay informed about extreme heat alerts, and have a plan if you

need to use a cooling shelter in your area.

- Wear light clothing, a hat and sunglasses.
- Wear sunscreen, and reapply often. Be aware that having a sunburn can dehydrate you and affects your body's ability to cool down.

## In the water...

- Don't dive into shallow water.
- Don't go in the water if you can't swim. Make sure children with you can swim, too. Everyone should swim with a buddy and near a lifeguard.
- In a rip current, swim with it; don't fight it.
- Wear a life jacket when appropriate.

Horizon Blue Cross Blue Shield of New Jersey wants to help you get the care you need. In a medical emergency, always call **911** or your local emergency services number.

**Always talk with your doctor before making any changes to your exercise or diet.**



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: American Cancer Society, American Red Cross, Centers for Disease Control and Prevention, National Safety Council, WebMD®

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey.

The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

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