

# Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



## STAY SAFE DURING HOT WEATHER

Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. But the warmer weather also brings lots of new opportunities to improve your health. Here's how to make the most of the summer months.

### TO CREATE HEALTHY SUMMER HABITS:

- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants or skirts.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Go to an air-conditioned gym, do water workouts, or use a fitness video at home.
- Drink plenty of water before, during, and after exercise.