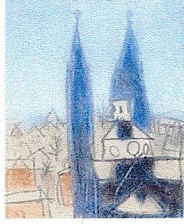


July 2010



## Mission Hill Health Movement

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### Healthy Mission Hill ~ Summer Health and Safety

- Warm weather is here and it's so nice to be outside! While we pursue summertime fitness and fun, we can protect our health with summer safety tips.
- We can start before we even leave the house. Exposure to the Sun's U-V rays is an important factor in the development of skin cancer. Apply sunscreen with an SPF of 15 or higher 30 minutes before you go outside; after swimming, be sure to reapply;
- Even healthy people can be affected by summer heat. To reduce your risk, drink plenty of water or other non-alcoholic beverages. Try to do strenuous activities during cooler parts of the day;
- Swimming and playing in water is a big part of summer. To be safe, children should always have an adult closely supervising them. Teach your children to swim with a "buddy" - never alone;
- Mosquitoes are a big part of summer and they now can carry West Nile virus. Insect repellents containing DEET can be effective. DEET should **not** be used on children under two months of age. See your doctor to recommend the best repellent for yourself and your children.
- Be aware of best practices when bicycling, skateboarding, scootering, and the like: for example, **always** wear helmets;
- Fireworks accidents cause many injuries. Better to watch fireworks' displays from the parks on Mission Hill or from the Esplanade, than to try to put on your own fireworks show.