

MONTHLY *Matters*

JULY 2026



STAY SAFE
in the
SUMMER SUN



Summer is here, and with it comes longer days, outdoor fun, and plenty of sunshine. While it's the perfect time to enjoy the outdoors, the sun and heat can also pose serious health risks. Protecting yourself from heat-related illness and sun damage is essential for staying safe and healthy all season long.



HYDRATION IS KEY

High temperatures and humidity increase your risk of dehydration. Make water your best friend and drink plenty throughout the day, even if you don't feel thirsty. Avoid excessive caffeine and alcohol, which can dehydrate the body. For outdoor activities, carry a water bottle and take regular hydration breaks.



RECOGNIZE AND PREVENT HEAT ILLNESS

Heat-related illnesses, like heat exhaustion or heat stroke, can develop quickly. Symptoms may include dizziness, nausea, headache, rapid heartbeat, heavy sweating, or confusion. To prevent these conditions:

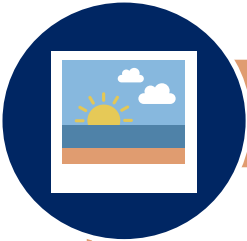
- **Take frequent breaks in shaded or air-conditioned areas**
- **Wear lightweight, loose-fitting clothing**
- **Avoid strenuous activities during the hottest hours of the day (10am – 4pm)**
- **Listen to your body—don't push yourself too hard**



PROTECT YOUR SKIN

Sunburn is more than just a temporary discomfort—it increases your risk of skin damage and long-term skin cancer. Protect your skin by:

- Applying a broad-spectrum sunscreen with SPF 30 or higher at least 15–30 minutes before going outdoors
- Reapplying every 2 hours, or immediately after swimming or heavy sweating
- Wearing hats, sunglasses, and lightweight clothing that covers your arms and legs when possible



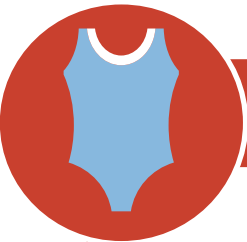
PLAN OUTDOOR ACTIVITIES SAFELY

- Schedule strenuous outdoor activities for early morning or late evening when temperatures are cooler
- Take regular shade breaks during work or play
- Use cooling strategies such as fans, damp cloths, or misting sprays during prolonged outdoor exposure



WATCH OUT FOR OTHERS

Children, older adults, and pets are more vulnerable to heat-related illnesses. Make sure they have access to water, shade, and rest breaks. **Never leave children or pets in parked vehicles, even for a few minutes, as temperatures can rise dangerously fast.**



FINAL TIPS FOR A SAFE SUMMER

- Pay attention to local heat advisories and UV index warnings
- Know the signs of heat exhaustion and heat stroke and act quickly
- Enjoy the sunshine responsibly. Your health is your best accessory this summer!



STAY HYDRATED, STAY COOL, AND ENJOY THE SUNSHINE SAFELY!



Sources:

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