

HENDRICKS REGIONAL HEALTH

SUMMER WELLNESS & SAFETY CHECKLIST

RELAX & STAY HEALTHY

- Spend time with family and friends
- Stay cool on hot summer days
- Reminder to schedule your annual check-up.
- Protect your health with recommended vaccinations



STAY HYDRATED

- Drink water throughout the day to replace fluids lost to heat & sweat.



STAY ACTIVE

- Go for a walk or hike
- Spend the day swimming at the pool/lake
- Be safe—always wear a helmet for outdoor riding activities



For all your health & wellness needs visit:
www.hendricks.org



HAVE A FUN, SAFE, & HEALTHY SUMMER

Being informed and prepared helps you enjoy everything summer has to offer—while putting health and safety first.

BE SUN SMART

- Wear sunscreen and protective clothing/sunglasses to protect against UV rays
- Have skin checked by a Dermatologist



- Don't forget to reapply sunscreen

WATER SAFETY



- Always wear a properly fitted life jacket or flotation device
- Supervise children closely
- Never swim alone

BEWARE OF BUGS & PLANTS

- Keep pests away by using bug spray with at least 20% DEET
- Know how to identify and avoid poisonous plants.



For help finding a new provider call: 317-745-DOCS

