

# HENDRICKS REGIONAL HEALTH

## SUMMER WELLNESS & SAFETY CHECKLIST

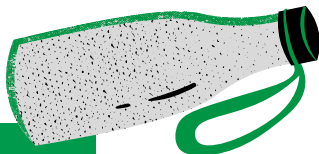
### RELAX & STAY HEALTHY

- ☐ 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](http://www.hendricks.org)

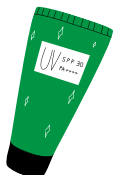


# HAVE A FUN, SAFE, & HEALTHY SUMMER

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

