



LARIMER
COUNTY

JULY 2022

HEALTH UPDATE

Safeguard Your Health All Summer Long

YOUR SUMMER SAFETY CHECKLIST



Make safety a priority to enjoy everything summer has to offer.

Mark these items off your summer checklist before you head outside.



BE SUN SMART

Skin cancer is the most common cancer in the U.S. **Protect your skin and eyes from extended exposure to the sun's UV rays.** Apply a broad spectrum sunscreen with 30 SPF or higher and reapply every two hours. Wear hats with at least a three inch brim, UVA and UVB protective sunglasses, and breathable clothing to avoid overheating.



HYDRATE EARLY AND OFTEN

If you plan to be outside for extended periods of time this summer, bring a bottle of water and water-rich snacks with you. Increase your water intake to roughly half your body weight in ounces. Pack travel-friendly snacks such as cucumbers, celery, bell pepper slices, watermelon, strawberries, broccoli, and grapefruit for added hydration and energy.



CLEAR THE AIR

Smoking dehydrates your body and can make you more susceptible to skin cancer. Nicotine is a diuretic that can dry out your skin and increase your risk of sunburn, skin damage, and mild to severe dehydration. You can quit smoking with help. Visit [smokefree.gov](https://www.smokefree.gov) for tools and resources to become smoke-free.