

WHAT THE HEALTH!?

SUMMER SAFETY



EAT MORE BERRIES

Eating mixed berries in the summer helps to load your body with antioxidants that can help prevent damage to tissue after sun exposure.



SUNSCREEN AND SHADE



Stay in the shade to stay out of the sun and keep temperatures down. Also make sure to apply sunscreen to areas most often missed like the tops of your ears and feet.



DRINK PLENTY OF WATER

We can't stress enough how important it is to stay hydrated, always, but especially when outside in the sun and heat. Feeling parched is a sign of dehydration.



PROTECT YOUR EYES



Wear sunglasses that offer UVA and UVB protection. Add a hat for even more protection. These precautions can help prevent cataracts and wrinkles around the eyes.



STICK TO YOUR EXERCISE PLAN

The summertime provides excellent weather for swimming; a low impact way to stay fit. Riding a bike or playing volleyball, are also ways to stick to your fitness plan this summer.

June is National Men's Health Month

Men's Health Month helps increase the awareness of preventable health problems, encourage early detection and treatment of disease among men and boys, and promote healthy lifestyles. Men and boys are encouraged to seek regular medical advice and early treatment for disease and injury.

Follow these healthy lifestyle choices to help lower the risk for developing chronic conditions:

- ➔ Maintain a healthy weight—eat less
- ➔ Fill your plate with fruits and veggies
- ➔ Focus on healthy fats and avoid added salt
- ➔ Get active
- ➔ Avoid alcohol and tobacco



Women, You play an important roll in men's lives!

- ➔ Encourage the males in your life to live a healthy lifestyle and get medical attention when needed
- ➔ Point out the connection between good health, physical, and mental performance in family, work, sports, and community activities
- ➔ Create an exercise routine that is enjoyable for both of you

ALZHEIMER'S & BRAIN AWARENESS MONTH



ALZHEIMER'S DISEASE : MISUNDERSTOOD, MYSTERIOUS AND DEADLY

FIVE FACTS YOU MAY NOT KNOW ALZHEIMER'S IS:

- ✗ Fatal
- ✗ Incurable
- ✗ The 6th leading cause of death in America
- ✗ The leading cause of dementia
- ✗ More than just memory loss

Rabies Vaccination Clinic:
June 21st from 6-8pm at Apalachin Fire Station



Public Health
Prevent. Promote. Protect.
Tioga County

Do you want to help Tioga County reduce devastating impacts of floods and other natural disasters? Please go to <https://www.surveymonkey.com/r/TiogaCitizenSurvey> or scan to take a survey and provide your ideas!



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