



Center's Tip of the Month: Summer Safety

-- Tips for a healthy summer--

The school year is nearing its end and the weather is getting warmer. Summer is a great time for playing outside, being active, and spending time with family. However, parents should be prepared to protect against the negative health effects of extreme heat and sun exposure. Use these easy tips to keep your family healthy and happy during the upcoming season!



Tips & Resources

What can you do? Stay safe in hot weather.

- ◆ Make a plan. If you do not have air conditioning in your home, identify a local community center, library, movie theater or cooling center. To find a NYC Cooling Center, call 311 or visit [here](#).
- ◆ Stay hydrated — drink lots of water and use a stainless steel, glass or BPA-free plastic water bottle.
- ◆ Avoid strenuous activity from 11am-4pm. They are usually the hottest hours of the day and increase the chance of heat-related illnesses.
- ◆ Learn more about protecting yourself from extreme heat with NYC's [Ready New York: Beat The Heat](#).

What can you do? Prevent harmful sun exposure.

- ◆ Use sunscreen when spending time outdoors. Keep these tips in mind when shopping:
 - ◇ Choose creams with broad-spectrum protection.
 - ◇ Pick a sunscreen with SPF above 15 but lower than 50+.
 - ◇ Look for products containing zinc, titanium dioxide, and avobenzone.
 - ◇ Avoid these ingredients: oxybenzone, vitamin A (retinyl palmitate) and added insect repellent.
 - ◇ Use [EWG's 2013 Guide to Sunscreens](#) for more information.
- ◆ Protect yourself by wearing a hat and lightweight, light-colored clothing when spending time in the sun.

What can you do? Sign up for air quality alerts.

- ◆ Register for Air Quality Action Days alerts at [Clean Air NY](#). They notify you when air quality is in an unhealthy range and precautions should be taken for sensitive groups, including those with asthma and heart conditions, young children and elderly.

What can you do? Eat seasonal produce.

- ◆ Summer is a great time to take advantage of seasonal produce. Shop at farmer's markets, CSAs or farm shares for delicious fruits and vegetables from local farms. To find locations near you call 311 or visit [Grow NYC](#) and [Just Food](#).



Have questions? Want to learn more? Please email us at cccehcolumbia@gmail.com!



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