



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

June 5, 2024

Your Summer Health Checklist – Part 1

We want to acknowledge you. We know the time, commitment, and energy you dedicated to this school year. Summer holidays are arriving soon, and you need to consciously take the time to focus on YOUR health!

Our final installment of the 2023/2024 school year is a two-part series on your Summer Health.

Part 1:

- Tips and links to enjoy a safe and healthy summer.

Part 2:

- Release your stress and tension and help bring calm to your busy mind and nervous system.
- 'Accept permission', with ideas to focus on you and make space for your joy and well-being.

Tips for a Safe and Healthy Summer

Most of us have experienced many summers, and are familiar with the risks that can affect your health over the summer months. That said, a few reminders can't hurt!

Here are some resources to help you stay safe this summer.

Beat the Heat – Summer temperatures can soar. Be aware of signs of heatstroke:

<https://patienteduc.fraserhealth.ca/file/extreme-heat-596910.pdf>

Be Sun Safe: Check out this [ReFresh column](#) on sun and skin care, as well as [this link](#).

Summer Food Safety – Summer is a time for barbecues, picnics, and camping trips. However, fun outdoor meals can come with an increased risk of food-borne illness (food poisoning) when there isn't thoughtful care in preparation: <https://www.healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition/food-water-and-beverage-safety/summer-food>

Insect Bites or Stings – Summertime increases our chance of 'bug encounters'. But don't let those little critters stop you from enjoying the outdoors. Learn what you can do to prevent being bitten or stung: <https://www.healthlinkbc.ca/health-topics/insect-bites-and-stings-and-spider-bites>

Be Active! Summer is a great time to be active outdoors, through hiking, biking, kayaking, and more. [Here are some tips](#) for being safe while enjoying BC's amazing wilderness!

Swimming and Water Safety: Keep your family safe around the water while you are having fun together: <https://www.healthlinkbc.ca/healthlinkbc-files/safety-tips-swimmers>

Breathe Easier: Wildfires, and their smoke, have become something to be prepared for during the summer. When smoke is in the air, take more care.

<https://patienteduc.fraserhealth.ca/file/wildfire-smoke-600546.pdf>

<https://www.healthlinkbc.ca/more/health-features/wildfires-and-your-health>

Safe Travels: Check for road conditions and travel advisories before heading out.

[Drive BC](#) – Find current information about highway conditions.

[TranBC](#) – Find detailed information about highway travel disruptions during emergency situations like flooding or fire.

For general travel health tips, check out this link:

<https://www.healthlinkbc.ca/health-topics/travel-health>

Last, but certainly not least:

Stay Hydrated!

Summer heat on its own can result in dehydration: add physical activity into the mix, and you can become dehydrated quite quickly! Find refreshing ways to hydrate this summer:

<https://www.fraserhealth.ca/news/2022/Jun/refreshing-ways-to-stay-hydrated-this-summer#.YrdPmifMI2w>

I love to have a jug of iced tea in the fridge, ready to reach for anytime. [Here are some fun recipes](#) gathered on-line.

You can also find great information and links on all these topics through the [Government of BC's Healthlink](#), as well as [Fraser Health](#).

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.