

Spring Into Health and Safety

Spring brings a flurry of activity. Many people are enjoying their favorite sport, doing spring cleaning or just spending time outdoors. Take time to think about these health and safety precautions to make your spring even more pleasurable.

Allergies

- Avoid outdoor activities early in the day when the pollen count is highest.
- Keep windows closed at home and in the car.
- Use air conditioning and keep the filter clean.
- Ask your physician about medication for allergy relief.

Pests

- For mosquito control, keep screens in good repair. Remove any standing water, such as puddles, from your yard.
- Keep shrubs and weeds trimmed to prevent pest infestations.
- Do a full body check for ticks on yourself and family members after spending time in the garden, woods or high grass.

Sports

- Check with your physician before beginning a new sport.
- Always warm up before exercising and cool down afterwards.
- Wear proper safety equipment for your sport—helmets, knee pads, elbow pads.
- Never dive head-first into unfamiliar bodies of water.
- Have some form of identification with you when running, walking or biking alone.
- Obey all traffic laws and wear reflective clothing when running, walking or biking.
- Drink lots of fluids to stay hydrated.

Spring Cleaning

- Keep all household cleaning agents out of the reach of young children.
- Protect yourself from harsh chemicals—don't breathe in fumes; wear rubber gloves.
- Use a ladder to reach items; don't stand on a chair.
- Observe safety precautions when handling electrical appliances.

Watch Those Rays

- Avoid sun exposure from 10 a.m. to 2 p.m., when the sun's rays are strongest.
- Wear SPF 15 or higher sunscreen to prevent ultraviolet damage to your skin.
- Keep your head covered when outdoors for prolonged periods.
- Wear sunglasses with ultraviolet (UV) protective coating.

Call Care24 any time, 24 hours a day, for more information about staying healthy and safe.

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