

# HEALTH TIPS

*from Rosie Roo*



Hi Friend,

Summer is here! And I'm so excited to give you some tips to have a fantastic time in the sun and in the pool.

### **Tip #1 – Always Wear Sunscreen**

You get healthy Vitamin D from the sun. But too much sun can lead to skin damage. Make sure you protect your skin from the hot sun with sunscreen. The sun is strongest from about 10 a.m. to 4 p.m. During those hours, try to play in the shade or make sure to apply and re-apply sunscreen.

### **Tip #2 – Stay Hydrated!**

When it's hot outside, you get thirsty. This is because you might be dehydrated. Dehydration means your body doesn't have enough water in it to keep working correctly. You can lose water when you sweat or go to the bathroom. You also can lose it when you swim and even when you breathe. But there's an easy fix for that! Just drink more water! Always try to drink water before, during and after you play.

### **Tip #3 – Swim Safely!**

Swimming is a fun, healthy activity! But you should always make sure you're being safe when you swim. Make sure you are swimming in areas where either a parent or a lifeguard can see you. And even if you're a strong swimmer, don't swim alone. Always swim with a buddy! Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end to practice! And make sure you wear a life jacket if you need one to help keep you safe.



## **ASK (About Special Kids)**

*MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at [aboutspeakkids.org](http://aboutspeakkids.org).*



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