

HEALTH TIPS

from Rosie Roo



Hi Friend!

It's officially summertime, and I hope you're enjoying your time away from school. There are so many fun things to do during the summer, especially outdoors!

No matter what you decide to do this summer, it's important to stay safe and prepared.

How can you stay prepared for all of summer's adventures? Turn your [school backpack](#) into an Adventure Pack!

What should you keep inside your Adventure Pack?

Water Bottle - Keeping some water with you at all times during the summer is a good idea. You need water to [keep your body hydrated](#), especially in the summer. The hot temperature from the sun can make you sweat more. [Did you know that your body makes you sweat to keep you cool?](#) That means the more you sweat the more water you should drink. Always keep your water bottle full!

Sunscreen - When the sun is strong, it can send harmful rays to your eyes and your skin. Bring along some sunblock or sunscreen to protect your skin. If you don't protect your skin, you may get a sunburn. Sunburns can hurt and they can leave blisters. Ouch!

Sunglasses or Hat – Your eyes need protection from the strong sunrays too. Throw a pair of sunglasses or your favorite hat into your Pack to keep the sun out of your eyes.

Band-Aids - These are handy to have on you if you get into some kind of accident. Band-Aids can protect your skin from [cuts or blisters](#). Be sure to wash the area with soap and water each night, and change your bandage until you are healed.

Bike Helmet - If you plan on [riding your bicycle](#) this summer, don't forget to protect your head with a helmet. Accidents can happen, and when they do, you'll be glad you are protected. Make sure your helmet fits snugly on your head - not too tight and not too loose!

Healthy Snacks - If you plan on heading out for the whole day, you may want to bring along a healthy snack to keep your tummy from rumbling. Be careful what you choose. Pick a snack that does not need to be kept in a refrigerator and won't melt. Some good choices could be an apple, [trail mix](#), or a granola bar.



ASK (About Special Kids)

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