

**CARTER**  
FAMILY PRACTICE

# Care Hub

## FIELD NOTES

PRACTICAL HEALTH TIPS  
FROM KAREN

# Summer Safety

## 5 THINGS KAREN WANTS YOU TO KNOW THIS SEASON

Summer is for making memories—not for making trips to urgent care. Here are 5 simple things that can help you and your family stay safe, healthy, and enjoy every moment of the season.



A little prevention goes a long way in protecting your health—and the health of those you love.

1



### DROWNING PREVENTION

Drowning can happen in seconds, but prevention saves lives.



- Use physical barriers around all bodies of water—fences, self-closing gates, and locked doors.
- Assign a dedicated adult water watcher every time children are in or around water.
- Learn CPR. It can make all the difference in an emergency.

2



### PROTECT YOUR SKIN

Sunburn isn't just uncomfortable—it increases your risk of skin cancer over time. Wear sunscreen (SPF 30 or higher), wear a hat when you can, seek shade, and reapply every 2 hours—especially if you're swimming or sweating.



### Karen's Tip

Sunscreen alone isn't enough. Combine it with shade and protective clothing for the best protection.

3



### BEAT THE HEAT

Heat exhaustion can happen fast. Drink water regularly, even if you don't feel thirsty. Limit outdoor activity during the hottest part of the day, and wear lightweight, light-colored clothing.



Drink water throughout the day.



Limit outdoor activity during peak heat.



Wear lightweight, light-colored clothing.

4



### PROTECT AGAINST TICKS & MOSQUITOES

Use EPA-approved insect repellent, wear long sleeves and pants in wooded or grassy areas, and check yourself (and your kids) for ticks after spending time outdoors.



### Don't forget!

Tuck pants into socks, shower within 2 hours of coming indoors, and check hard-to-see areas like your scalp, ears, armpits, and groin.

5



### TAKE CARE OF YOURSELF

Don't forget the basics: get enough sleep, eat well, stay active, and manage stress. A healthy you is the best way to enjoy everything summer has to offer.



Get enough sleep.



Eat well.



Stay active.



Manage stress.



### WHEN TO CALL YOUR PROVIDER

- High fever that doesn't come down
- Severe sunburn with blisters or dizziness
- Signs of dehydration (dark urine, dry mouth, dizziness)
- Rash that spreads or looks infected
- Tick bite with rash, fever, or joint pain
- Any injury or illness that concerns you

When in doubt, we're here for you.



I'm here to help you feel your best. *Karen*



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