



Summer Safety

When temperatures and humidity rise, heat can contribute to serious health risks, such as dehydration, heat exhaustion and heatstroke. When exercising or working outdoors, you should be aware of the heat index and take protective steps to get through summer's hottest stretches safely.

Try these tips for staying safe in the sun:

- Drink water every 15 to 20 minutes, even if you don't feel thirsty.
- Grab a sports drink to replenish fluids and minerals lost through sweating.
- Limit beverages that contain caffeine, sugar, or alcohol.
- Dress in light-colored, lightweight, loose-fitting clothing.
- Wear a hat with a brim or use an umbrella to reduce sun exposure.
- Slather on sunscreen with SPF 30 or higher.
- Plan your most strenuous activities early or late in the day if possible (before 10:00 a.m. and after 6:00 p.m.)
- When grilling, never put your cooked meat on the same plate you used when it was raw.
- Insect repellent with EPA-approved products like DEET can be used to help ward off bugs, especially mosquitoes and ticks.

Clues for Detecting Skin Cancer

Skin cancer is the most common type of cancer, and it's also highly treatable when detected early. So it's important to inspect your skin regularly for changes.

Know Your ABCDEs

Melanoma is the most dangerous type of skin cancer. Use the ABCDE rule to help you look for common signs of melanoma.

- **A**symmetry: Is half of the mole or growth different from the other half?
- **B**order: Are the edges of the growth irregular?
- **C**olor: Do the colors of the growth vary?
- **D**iameter: Is the growth larger than 6 mm (just short of ¼ inch) in diameter?
- **E**volving: Is the mark changing in size, shape or color?

If you notice something new or suspicious on your skin, have it looked at by a doctor.

Additional Resources

- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)
- [The Skin Cancer Foundation](#)

Employee Assistance Program (EAP): Did You Know?

Did you know that your Employee Assistance Program (EAP), provided by INOVA, can assist with Financial Services? Employees and their household members can speak with a financial professional at no charge regarding such issues as retirement planning, debt consolidation, funding a child's college education, and more. Callers receive up to 60 minutes of telephonic consultation per issue.

Access these services and more at inova.org/eap (username: prince; password: george)



Join Us and Win Big This Summer

Don't forget to participate in [The Summer of Wellness](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

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