

Summertime Is here at last!



June is Fireworks Safety Month

Fireworks are often used to celebrate special events and holidays. If you decide to use consumer fireworks, you need to be careful about where you buy them. The National Council on Fireworks Safety (NCFS) recommends that consumers buy from a licensed store, tent, or stand. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

- ⇒ Be safe. Go to see fireworks at a public show put on by experts.
- ⇒ Generally, avoid using consumer fireworks.
- ⇒ Keep a close eye on children at events where fireworks are used.



Protecting your Skin from the Sun and Cancer

Skin cancer is actually the most common form of cancer. Family history can play a part in your risk of developing it. Bad sunburns, especially during childhood, increase your chances of skin cancer later in life.

Here are a few tips you can use to enjoy your time in the sun, safely.

- Cover Up
- The Sun's rays are stronger between 10am and 3pm
- Sunscreen can help a lot

Some common skin cancers that can be treated if found early enough are:

- Basal cell carcinomas
- Squamous cell carcinomas
- Malignant melanomas

Learn more about skin cancer and sun safety at:

Top Tips for Safe, Healthy Trips

If you're planning an overseas trip, ask your doctor or a travel health clinic in advance what vaccines you need.

Common vaccines includes:

- Hepatitis
- Measles
- Tetanus and Polio
- Yellow Fever

Many health benefits plans don't cover travel vaccines –so check your coverage before you travel.

Get more healthy travel
tips at
www.itelihealth.com.

On your way!

If you're flying across several time zones, here's an easy way to beat jet lag before you go:

If you're traveling east, try going to bed earlier at night. If you're traveling west, try staying up later.

For healthier flights:

- Choose a daytime flight to avoid feeling groggy
- Skip dehydrators like alcohol and caffeine
- Drink lots of water
- Avoid heavy food



Get airsick? Ask your doctor about remedies, and keep them on hand.

Safe travel on the Ground

Wherever you travel, these road rules can help you stay safe.

Do:

- Ride only in taxis that have seat belts (and use them)
- Place all younger children in car seats
- Ask you hotel about using public transportation

Don't:

- Drink and drive
- Drive at night, especially between cities
- Ride or rent motorcycles or scooters

