

Summertime in Montana!

TIPS FOR A HEALTHY SUMMER



SUN PROTECTION

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells. Protection from UV rays is important all year, not just during the summer. For more information, scan the QR code below.

CDC



RIVER SAFETY

Changing seasons contribute to rapid changes in rivers and streams. In summer, rivers and streams often swell from runoff caused by snowmelt. That also could mean powerful currents that can easily sweep you off your feet. For more information, scan the QR code below.

USDA
Forest
Service



HYDRATION

Proper hydration helps regulate body temperature, support brain function and mood, and keep our joints lubricated and our digestion smooth. For healthy individuals, the average daily water intake for women is about 92 ounces and for men about 124 ounces. This can be from plain water, other beverages, and food sources. For more information, scan the QR code below.

Harvard
Medical



Newsletter
July 2023