

If you want to learn to swim jump into the water. On dry land no frame of mind is ever going to help you.

~Bruce Lee

<http://www.quatgen.com/s/winning.html>



## Summer Safety

### Swimming Healthy



#### Risk Factors for Skin Cancer:

- A lighter natural skin color.
- Family history of skin cancer.
- A personal history of skin cancer.
- Exposure to the sun through work and play.
- A history of sunburns early in life.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.



[www.cdc.gov/cancer/skin/basic\\_info/](http://www.cdc.gov/cancer/skin/basic_info/)

Memorial Day Weekend can only mean one thing for millions of children and adults, the city pool is open for the summer. May 18-24th is National Recreational Water Illness Prevention Week. This year is the fifth year of this awareness. It is for everyone to become educated on how to stay safe during the swimming season. The more we learn about healthy behaviors, the more we can prevent recreational water illnesses and injuries (RWIs). Such illnesses can be caused by breathing in the vapors, swallowing, or just coming into contact with contaminated water. Injuries can happen in or out of the water, so we al-

ways need to be cautious. This year's main theme is "preventing pool chemical injuries." Chemicals are used to make the water safer to swim by killing germs. Although if we do not handle or store the chemicals safely, we risk thousands of emergency visits per year. Check out CDC's website to learn all about chemical safety!

We can also prevent germs to enter the pool by following six simple steps.

~**Please** do not swim when you have diarrhea.

~**Please** don't swallow pool water.

~**Please** practice good hy-

giene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

~**Please** take your children on bathroom breaks and check diapers often.

~**Please** change diapers in a bathroom or a diaper-changing area.

~**Please** wash your children thoroughly (especially the rear end) with soap and water before going swimming.

To learn more about healthy swimming, go to [www.cdc.gov](http://www.cdc.gov)!

<http://cdc.gov/Features/RWIs/>

### Wear Sunscreen!

Summertime is a time to be outside and enjoy the sun. But we all need to take precautions to avoid getting sunburned, which can lead to skin cancer. Skin cancer is the most common cancer in the U.S. To avoid this risk, please do the following:

~**Seek Shade**, especially during midday (10-4). UV rays are

the strongest during these hours.

~**Cover Up** with clothing to protect exposed skin.

~**Get a Hat** with a wide brim to shade the face, head, ears, and neck.

~**Grab Shades** that wrap around and block as close to 100% of the rays.

~**Rub on Sunscreen**

with SPF 15 or higher, and both UVA and UVB protection.

Go to [www.cdc.gov](http://www.cdc.gov) to learn more!

[http://www.cdc.gov/cancer/skin/basic\\_info/howto.htm](http://www.cdc.gov/cancer/skin/basic_info/howto.htm)



# Tip of the Day

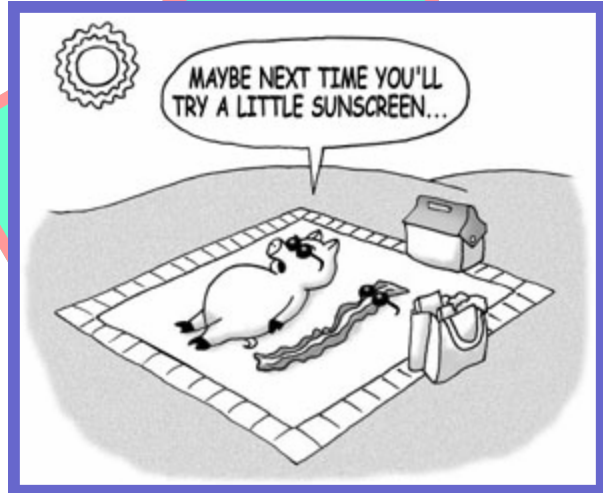
Choose fish more often for lunch or dinner.  
Look for fish rich in omega-3 fatty acids,  
such as salmon, trout, and herring.

<http://www.mypyramid.gov/>

We're on the Web!

[www.iowachiroclinic.com](http://www.iowachiroclinic.com)

**Prepare and prevent,  
don't repair and repent.**  
~Author Unknown



## Safe Boating

Along with swimming pools, millions of people enjoy the experience of boating in the summer. National Safe Boating Week is May 16-22nd, and this encourages people to "Wear it!" No matter what kind of boating you are going to do this summer, it is advised that you wear properly fitted floating devices or life jackets. This can severely decrease your chances of drowning in an accident.

The National Guard also advises people to do the following anytime they decide to go out on the water.

~**Wear It.** Properly fitted life jackets can prevent drowning and should be worn by everyone on any boat, at all times. Coast Guard-approved life jackets are now better

looking and more comfortable.

~**Don't Drink.** Alcohol use affects judgment, vision, balance, and coordination. Reports suggest that alcohol was a contributing factor in about one in five boating fatalities.

~**Take a Course.** People operating boats can help keep their passengers safe. Boating education courses teach the regulatory and statutory rules ("Rules of the Road") for safe operation and navigation of recreational boats.

~**Get a Vessel Safety Check.** The Vessel Safety Check (VSC) is a free public service provided by the U.S. Coast Guard Auxiliary and U.S. Power Squadron volunteer organizations.

~**Know About Carbon Monoxide (CO).** All internal combustion engines, such as boat engines and onboard motor generators, emit CO, an odorless, colorless, poisonous gas. In the early stages, the symptoms of CO poisoning are similar to seasickness, but CO can kill in a matter of minutes. To avoid CO poisoning, be aware of the risk, ensure sufficient ventilation, properly install and maintain equipment, and use CO detectors, especially in living and sleeping areas.



<http://cdc.gov/Features/BoatingSafety/>