

MLE - News in Health

July 2022

Steps for Healthy Swimming

We all share the water we swim in.

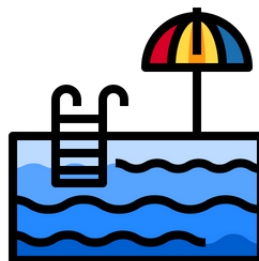
That means each of us needs to do our part to help keep ourselves, our families, and our friends healthy.

To help protect yourself and those you care about, here are a few easy and effective steps **all swimmers** can take each time we swim, play, or relax in the water.

- Check latest inspection results on state or local health department website or on-site.
- Make sure the drain at the bottom of the deep end is visible. Check that the drain covers appear to be secured and in good condition.
- Use [test strips](#) to make sure the water has a proper free chlorine (amount of chlorine available to kill germs) or bromine level and pH.
- Check for lifeguard(s):
 - If on duty, the lifeguard(s) should be focused on swimmers and not distracted.
 - If no lifeguard is on duty, find the location of the safety equipment, such as a rescue ring or pole.
- Make sure no chemicals are out in the open.

Check yourself

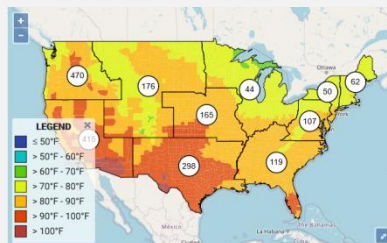
- Stay out of the water if you are sick with diarrhea.
- Stay out of the water if you have an open cut or wound (particularly from a surgery or piercing).
- Shower before you get in the water. Rinsing off in the shower for just 1 minute removes most of the dirt or anything else on your body that uses up chlorine or bromine needed to kill or inactivate germs.



Heat & Health Tracker

The [Heat & Health Tracker](#) provides local heat and health information so communities can better prepare for and respond to extreme heat events.

Use the search on the right to explore how extreme heat affects your county, populations who are at risk, and response resources.



Tips to Beat the Heat

When the temperature is very high stay indoors. If you must go outside, dress properly and take breaks often. Know who is at high risk for heat stroke and heat exhaustion.

- Drink plenty of water!
- Check on friends and neighbors at high risk for heat related illness
- Find airconditioned places to cool off (shopping malls and libraries)
- NEVER leave kids or pets in a closed, parked vehicle
- If you go outside, remember:
 - A hat
 - Sunscreen (spf 15 or higher)
 - Lightweight, light colored, loose fitting clothing
 - Water
 - Limit time outdoors. Take breaks often
- Know who is at high risk:
 - Infants
 - Young children
 - Older adults
 - People with chronic medical conditions





National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people every day.

The NHOs in our July roundup help raise awareness about National Minority Mental Health Awareness Month and World Hepatitis Day.



- **National Minority Mental Health Awareness Month**
[National Minority Mental Health Awareness](#) Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services. Throughout the month, the [HHS Office of Minority Health](#) (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic. Follow us on [Twitter](#), [Instagram](#), and [Facebook](#), and [sign up](#) for OMH newsletters for additional updates.
- **World Hepatitis Day**
Each year on July 28, the World Health Organization sponsors World Hepatitis Day — a time to raise awareness about the global burden of viral hepatitis. This year's theme, [Hep Can't Wait](#), emphasizes that we must act now to address the problem of hepatitis. You can also share our easy-to-understand MyHealthfinder resources to encourage people to [protect themselves from Hepatitis B](#) and [learn about screening for Hepatitis C](#).

LIVE MONTHLY WEBINAR:

The Power of Perseverance and Grit

Date: 07/13/2022 | Time: 1:30 PM to 2:30 PM EST

REGISTER FOR THIS EVENT

<https://register.gotowebinar.com/register/4169575013358373645>



RIDER
UNIVERSITY

Create your new account at
<https://PennMedineap.mylifeexpert.com>

or Scan Here to Download:



When creating a new account, use company code: **PR042**