

MLE - News in Health

July 2021

Steps for Healthy Swimming

We all share the water we swim in.

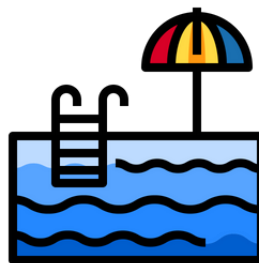
That means each of us need to do our part to help keep ourselves, our families, and our friends healthy.

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

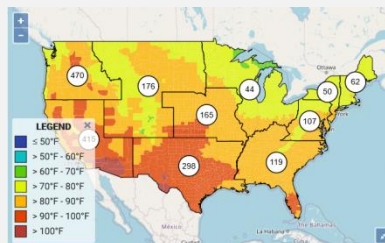
- Stay out of the water if you are sick with diarrhea.
- Stay out of the water if you have an open cut or wound (particularly from a surgery or piercing).
- Shower before you get in the water. Rinsing off in the shower for just 1 minute removes most of the dirt or anything else on your body that uses 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 air-conditioned places to cool off (e.g., 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 your time outdoors or 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 in the United States every day.

The NHOs in our July roundup help raise awareness about National Youth Sports Week and World Hepatitis Day.



- **National Youth Sports Week**

This year from July 19th to 25th, we join the National Council on Youth Sports in celebrating National Youth Sports Week, a time to showcase how communities can promote healthy lifestyles for children and families through sports. Get involved by sharing our [National Youth Sports Strategy](#), the first federal road map with action steps for increasing participation in youth sports. You can also share our [Move Your Way resources for parents](#) to help them get their kids more active.

- **World Hepatitis Day**

Each year on July 28th, 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](#).

Together, we can take steps to improve the nation's health.

LIVE MONTHLY WEBINAR:

Managing Conflict, At Work and At Home

Date: 07/14/2021 | Time: 1:30 PM to 2:30 PM EST

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