

Wellness Wednesday

Spring into Sunshine!

SPRING SAFETY TIPS

Ah, spring is finally here! Nice weather, blue skies - what better reason to get outside after long cold months cooped up indoors. Just remember some tips to stay in top health during the spring!



Bees/Wasps/Hornets
Kids are happy to be outside after the winter, but so are bees/wasps/hornets. If you encounter these insects, stay calm or walk away; do not swat as this angers them. If stung, immediately remove stinger and apply ice to reduce swelling. If stung, and child is allergic, use epinephrine shot or Epi-Pen, and contact doctor immediately.



Poison Ivy
Running around the yard/parks/the woods means kids might come across poison ivy. So teach them what this plant looks like. ("Leaves of three, leave them be!") Wear long sleeves and pants in areas that might contain poison ivy. If you come in contact with it, apply calamine lotion/hydrocortisone cream; avoid scratching). If a fever develops after exposure, contact your doctor.



Water
Spring frequently brings extra rain, which might make your kids' favorite creek a little faster and deeper than they are used to. Remind them to be extra careful around water, and it's a good idea to check out any water for depth and safety before your kids play around it.



Bike Safety
Nice weather means bike weather! If you and/or your children go bike riding, always wear a helmet. Look both ways before crossing the street, and follow crosswalk instructions. Only ride on sidewalks and bike paths that are free of cars.

 **SPRING SUNSHINE**

The Benefits of Vitamin D



Mental Boost
Sunlight increases your brain's production of serotonin



Better Sleep
Sunshine helps to regulate your body's sleep-wake cycle



Bone Health
Sunshine supports your body's creation of Vitamin D



Prevent Cancer
Sunlight provides many cancer-preventing perks



Skin Healing
Sun exposure can help treat several skin conditions



Little Time
5-15 min in the sun is all it takes to enjoy these health benefits



5 HEALTH BENEFITS OF SUNLIGHT

Everyone loves a sunny day, but safe sun exposure is essential to your health.

1. BETTER SLEEP
Sunlight helps regulate sleep hormones. Bright light in the morning can help you sleep better at night.



2. STRONGER BONES
The body needs sunlight to produce vitamin D. Vitamin D deficiency contributes to reduced bone density & osteoporosis.



3. IMPROVED MOOD
Sunlight helps boost serotonin, for a calmer, energized & more positive feel. Low levels of serotonin have been linked to seasonal affective disorder.



4. CANCER DEFENSE
Too much sun can cause skin cancer, but too little sun can increase risk of other cancers.



5. SKIN RELIEF
Excessive sun can damage skin, but modest sunlight exposure may help ease skin conditions like eczema, psoriasis & vitiligo.



Stay safe in the sun. Use sunscreen or cover up if you're going to be outside longer than 15 minutes.

CORPORATE SYNERGIES
corpbyn.com

SHINING A LIGHT ON HEALTH & WELLNESS:
healthdiscovery.org/subscribe

Source: Environmental Health Perspectives