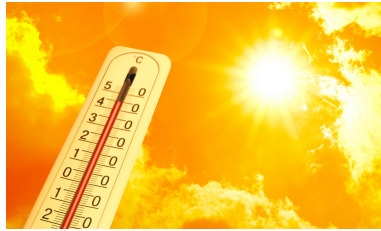




Summer is here! Are you ready to have a wonderful healthy summer? Some of us are to get ready with great anticipation, as we travel, get away, relax, and have fun with our family and friends. While we continue to experience high food and gas prices, and South Carolina's extreme hot temperatures, what should you know to have a healthy and enjoyable summer?

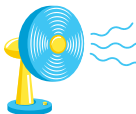
According to the Centers for Disease Control and Prevention (CDC), more than 600 people in the United States are killed by extreme heat every year. Heat-related deaths and illnesses are preventable. Preventing heat-related illnesses, including heat stroke and heat exhaustion, is important for people of all ages, but extreme heat poses the greatest risk for people under age 4 and over 65, and anyone who has a pre-existing medical condition or who lives in a home without air conditioning. As you prepare to enjoy this summer, hopefully the following tips will serve as a healthy resource.



Move More, Sit Less: Aim for 150 minutes of aerobic activity each week. Kids benefit from biking and playground time, use properly fitted helmets and follow playground safety tips.



Use Sunscreen & Repellent: Seek shade, wear protective clothing and SPF 15+ sunscreen, and use insect repellent to prevent sunburn, mosquito bites, and ticks.



Stay Cool in Extreme Heat: Stay hydrated, wear light clothing, find air conditioning during peak heat, and monitor heat advisories, especially if you have a chronic condition.



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Eat Healthy: Add fresh fruits and vegetables to summer meals.



Choose Water: Drink fluoridated water instead of sugary or alcoholic beverages to stay hydrated and reduce calories.



Avoid Tobacco: Get help quitting at 1-800-QUIT-NOW, the quitSTART app, or CDC.gov/quit.



Travel Safely: Keep an emergency kit in your car with first-aid supplies, jumper cables, tools, and maps. See CDC's supply list.



CONGRATULATIONS TO THE CITY OF ORANGEBURG FOR ADOPTING A SMOKE-FREE ORDINANCE

Hold Out the Lifeline: A Mission to Families (HOTL) proudly congratulates the City of Orangeburg, Mayor Michael C. Butler, and the Orangeburg City Council on the adoption of a comprehensive smoke-free ordinance providing smoke-free protection in all public places and places of employment through its Clean Air Is Fair Campaign.

This landmark policy reflects the City's steadfast commitment to protecting the health, safety, and quality of life for approximately 13,500 residents, employees, business patrons, and visitors. The ordinance represents a significant public health achievement that will reduce exposure to secondhand smoke while promoting healthier environments throughout the community.



Hold Out the Lifeline: A Mission To Families

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