

July 2016

Asset HealthTalk

Keeping your health and wellbeing in the know



TIPS TO STAY SAFE WHILE MAKING A Splash

WHETHER IT'S A LAKE, OCEAN OR RIVER, SPENDING TIME IN THE WATER IS SYNONYMOUS WITH SUMMER.

Here are some tips for staying safe while hanging out near the water this summer.

1. Learn how to swim; it's the best defense against drowning.
2. Swim in designated areas close to lifeguards.
3. Before diving into water, check its depth and look for obstructions. To protect your neck, jump in feet first.
4. Before swimming at a beach, check the water conditions and look for warning flags.
5. Practice ocean safety:
 - ▶ Watch out for dangerous aquatic life.
 - ▶ Be careful of deadly rip currents – narrow, powerful currents that flow out from the beach. They tend to exist around structures so stay at least 100 feet from jetties and piers.
 - ▶ If you get caught in a rip current:
 - ◆ Stay calm and don't fight it. Swim parallel to the shore until you're out of the current, then start swimming to shore.
 - ◆ If you're unable to swim to shore, float or tread water until you're free of the current, then head in.
 - ◆ If you can't make it to shore, attract attention to yourself to summon help.
 - ◆ If you see someone in trouble, get a lifeguard, call 911, throw the swimmer something that floats and/or yell instructions on how they can escape.
 - ▶ Never turn your back to the ocean because sneaker waves – large waves that come without warning regardless of weather conditions or the season – can knock you over and pull you into the ocean.
 - ▶ Be mindful of sharp reef rock while exploring tide pools or surfing.
6. When in open water, use the buddy system.
7. Wear a life jacket while boating, kayaking or paddleboarding. If you keep life jackets aboard the boat, don't tie them up to ensure they're readily accessible.
8. If there's a storm, wait 30 minutes after the last thunder boom before heading back to the beach.
9. Test the water. Dirty pool and hot tub water can cause health problems. Use home test strips to make sure disinfectant levels are high enough.
10. Follow the rules of river safety:
 - ▶ Wear shoes; river bottoms can be sharp and very slippery.
 - ▶ Don't overestimate your swimming abilities; many people drown trying to swim across rivers.
 - ▶ Be mindful of foot entrapment. River bottoms often have obstacles that can pin you down and powerful currents can hold you underwater, even overpowering flotation devices. Since it's difficult to get loose in these situations, prevention is the best strategy. Never put your feet down or stand up unless the water is calm or the depth is below your knees.
 - ▶ If you capsize while canoeing or kayaking:
 - ◆ Save people first; then worry about equipment.
 - ◆ Assume the safety position: stay on your back with your feet up, facing downstream.
 - ◆ Stay upstream of your boat to avoid getting pinned.
 - ◆ Never try to swim against the current.

"Beach Safety," American Red Cross Staff, redcross.org, accessed on June 6, 2016.

"USLA's Top Ten Beach and Water Safety Tips," USLA Staff, usla.org, accessed on June 6, 2016.

"Avoiding Foot Entrapment," NRS Staff, nrs.com, accessed on June 6, 2016.

Plants You Can Grow to Bug the Bugs



Protect Your Home and Family From Mosquito Bites This Summer

As the summer heats up and we spend more days and evenings in the great outdoors, make sure bugs can't find their way to your party. Here are a few essential garden plants (some perennials and many are easy to grow) that can help protect you and your family against mosquito bites and mosquito-borne illnesses, such as the Zika virus, dengue fever, West Nile virus and more.

1. Lemongrass (Produces citronella oil, the most common natural ingredient used for bug repellents) Lemongrass has a pungent odor that camouflages attractants that navigate mosquitoes to you.

2. Marigolds (Repels mosquitoes and other insects with its distinct fragrance) Marigolds have a distinct perfume that may help mask your scent and naturally repel mosquitoes and other insects.

3. Horsemint (Also known as Beebalm; repels mosquitos because its incense-like odor helps to camouflage us) Horsemint deters mosquitoes in a similar way to citronella – it has an incense-like odor that may help hide us, shielding us from bites.

4. Catnip (May be stronger than DEET, the most common chemical ingredient in bug repellents) Some researchers think catnip acts as an irritant to insects like mosquitoes.

5. Basil (May help ward off mosquitoes and flies) Any basil plant will keep mosquitoes at bay with its heavy scent (some even suggest rubbing basil leaves on your skin to protect yourself from bites) but expert gardeners recommend using the most fragrant forms of basil, such as lemon basil, cinnamon basil or Peruvian basil.

² "6 Mosquito-Repellent Plants," Christine Yoo, Garden Design Magazine, gardendesign.com, accessed on June 7, 2016.

³ "9 Plants That Bug Bugs – Including Mosquitoes," USA Today, June 5, 2016.



INSPIRED INFUSIONS Your SUMMER HYDRATION Guide

Did you know when you feel thirsty you are already dehydrated? You lose water continually by sweating, digesting and even just by breathing, so it's important to keep rehydrating. Aim for at least eight 8-ounce glasses (or almost 2 liters) of water each day. An easy tactic for getting enough water is to carry a water bottle with you wherever you go. Keep in mind: you don't have to meet all your water needs by drinking it. Fruit and veggies have high water content and eating them can help you reach your intake goals.

Infusing water is a tasty way to add flavor without adding sugar. When you enhance water using fruits, veggies and herbs, you're incorporating essential vitamins into your diet that help boost immunity and fight disease. Simply place fresh produce, herbs and/or spices in a pitcher with filtered water and pop it in the fridge to chill. For the most flavorful infusion, let your colorful creation steep overnight. You can also use naturally sparkling mineral water for a fabulous fizzy twist.

Want to test out your mixologist skill set? Try serving infused water at a summer party. Here are a few ideas for tasty combinations to get you started, as well as some of the benefits of these creative concoctions:

LEMON AND MINT: Weight management, vitamin C, healthy-looking skin, disease prevention, kidney health, fresh breath

CITRUS, BERRIES AND MINT OR BASIL: Antioxidants, disease prevention, cholesterol management, antibacterial, anti-inflammatory properties

PINEAPPLE, ORANGE AND GINGER: Aids digestion, detoxification, vitamin C, improved immunity

LEMON, CUCUMBER AND LIME: Appetite control, water weight management, decreases bloating, aids digestion

"The Big Benefits of Plain Water," Mallika Marshall, MD, Harvard Health Blog, health.harvard.edu, accessed on June 5, 2016.

"How Much of Your Body is Water?" Anne Marie Helmenstine, Ph.D, About Education, chemistry.about.com, accessed on June 5, 2016.