

## Employee Newsletter & Resources

### July is UV Safety Awareness Month

During the summer months, it's time to get outside and enjoy the sunshine. But it's important to know that too much sun can negatively impact your body. Ultraviolet (UV) rays contain harmful radiation, and too much exposure can cause serious health issues, such as premature aging and skin cancer.

July is UV Safety Awareness Month. When the weather heats up, it's important to be aware of the impacts of UV exposure. To protect yourself, consider staying in the shade during the sun's peak hours, wearing protective clothing and using a broad-spectrum sunscreen with a sun protective factor (SPF) of at least 30.

## Don't Drink and Drive This July 4th



The Fourth of July is synonymous with increased impaired driving crashes. Over the July 4th holiday from 2017 to 2021, 1,460 drivers died in motor vehicle crashes—and

**38% of drivers killed were drunk.**

In an effort to reduce drunk driving crashes this Independence Day, the National Highway Traffic Safety Administration is promoting its **"Buzzed Driving Is Drunk Driving"** campaign. Local law enforcement and communities nationwide are also responding with increased DUI enforcement campaigns over the holiday.

#### Tips for Celebrating Safely and Avoiding Impaired Driving

Driving while under the influence is not only dangerous for the impaired driver; passengers, other motorists and pedestrians are put at serious risk, too. That's why avoiding getting behind the wheel after drinking too much is important.

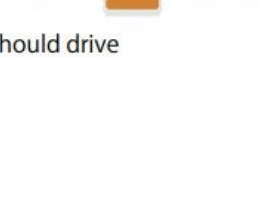
Here are some tips to keep in mind to stay safe this **Fourth of July**:

- Plan ahead for a sober ride home (e.g., choosing a designated driver or scheduling a ride-sharing or taxi service) if you plan to drink.
- Let someone who hasn't been drinking take you home, even if you've had only one drink.
- Ensure plenty of nonalcoholic beverages are available if you're hosting a Fourth of July gathering.
- Take away the keys of and arrange a safe way for a friend who has been drinking to get home.
- Pull over and call 911 if you see an impaired driver on the road.
- Always wear your seat belt.

#### When in Doubt, Don't Drive

Even a small amount of alcohol can affect your ability to drive safely. In 2021, 2,226 people died in alcohol-related crashes where a driver's blood alcohol concentration (BAC) was **between 0.01% to 0.07%**—which is below the legal limit of **0.08%** in all 50 states and the District of Columbia.

If you're feeling any effects of alcohol—or you're questioning whether you should drive home—don't take the chance.

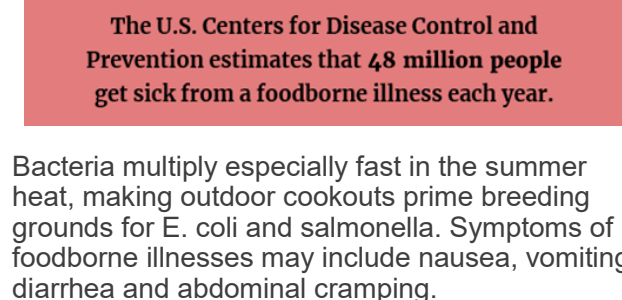


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### Summer Picnic Safety Tips

At some point throughout the summer, you may spend time outside with family and friends at a picnic or backyard barbecue. If you aren't careful about handling foods and beverages during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.



Bacteria multiply especially fast in the summer heat, making outdoor cookouts prime breeding grounds for E. coli and salmonella. Symptoms of foodborne illnesses may include nausea, vomiting, diarrhea and abdominal cramping.

Prevent food poisoning at picnics and barbecues with these simple tips:

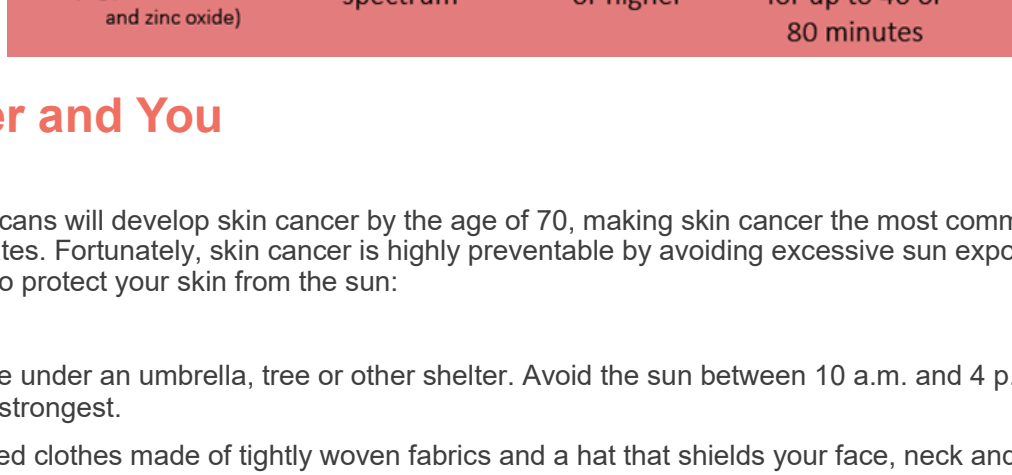
- **Clean.** Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and wash cutting boards after preparing raw meat. Germs can survive in many places, so washing your hands and surfaces is critical.

- **Separate.** Use one cooler for drinks and one for food. It's also important to separate raw foods (e.g., poultry, seafood and eggs) from those ready to eat. Lastly, never eat anything left out of a refrigerator or cooler for more than two hours—or one hour if the temperature is above 90 degrees Fahrenheit.

- **Cook.** Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The best way to know if food is cooked properly is by using a meat thermometer. For example, burgers and hot dogs should be cooked to 160 degrees Fahrenheit and chicken to 165 degrees Fahrenheit.

- **Chill.** Refrigerate food promptly since bacteria can rapidly multiply if left at room temperature. The "danger zone" for bacteria growth is 40-140 degrees Fahrenheit.

Remember that as summer temperatures rise, so does your risk for food-related illness. If you have a mild case, it's important to stay hydrated. More serious food poisoning cases, which often include a fever, severe abdominal pain and dehydration symptoms, require medical attention.



### Skin Cancer and You

At least 1 in 5 Americans will develop skin cancer by the age of 70, making skin cancer the most common cancer in the United States. Fortunately, skin cancer is highly preventable by avoiding excessive sun exposure. Here are a few tips to protect your skin from the sun:

- Stay in the shade under an umbrella, tree or other shelter. Avoid the sun between 10 a.m. and 4 p.m., when the rays are the strongest.
- Wear dark-colored clothes made of tightly woven fabrics and a hat that shields your face, neck and ears.
- Wear sunglasses to protect your eyes and the skin around them.
- Apply sunscreen all over your body and lips and reapply at least every two hours—and after swimming or sweating. Learn more about picking the right sunscreen in the infographic above.

Most skin cancer cases are curable if diagnosed and treated early enough. Inspecting your skin for any spots or changes in color or appearance is important, as new spots or changes may indicate cancer. If you have any concerns, see your doctor.

### Avoiding Artificial Sweeteners for Weight Loss

The World Health Organization (WHO) released new guidance to avoid using zero-calorie nonsugar sweeteners (NSS)—such as aspartame and stevia—for weight loss. The WHO advised that artificial and natural sweeteners have not been shown to help with long-term weight loss in children or adults. In fact, their use may come with side effects, including an increased risk of cardiovascular diseases and Type 2 diabetes. The agency's only exception to the recommendation is for individuals with preexisting diabetes.

This new guidance doesn't address consumption safety; it only comments on using NSS for long-term weight loss. However, eliminating sweeteners is the healthiest option. Talk to your doctor if you have diet or disease risk questions.

## Take Charge of Your Health

### Drink More Water

Drinking water is crucial to ensure your body functions properly. Failing to consume enough water can lead to dehydration, a condition that can cause mood changes, kidney stones, constipation and overheating. According to guidelines from the National Academies of Sciences, Engineering and Medicine, women should drink 11.5 cups (2.7 liters) and men should drink 15.5 cups (3.7 liters) of fluids each day. However, the exact amount of water you need may vary based on your age, gender, activity level and location.

Consider the following strategies to help you drink more water:



#### Carry a water bottle.

Bringing a water bottle wherever you go will make drinking easier when you're thirsty. Add ice or a lemon wedge to make it more refreshing.



#### Set daily goals.

Creating attainable goals for your daily water intake can help you turn drinking water into a regular habit.



#### Choose water over other drinks.

Although sweetened beverages can hydrate you, they're usually loaded with calories and sugar. Drinking water is better for your overall health and often less expensive than sweetened alternatives.



#### Track your intake.

Many health and fitness applications offer tracking features to help you determine whether you're drinking enough water throughout the day. Numerous types of high-tech water bottles can also track your intake for you.



#### Add water consumption to your routine.

Drink a glass of water every time you eat, come home from work or complete other daily tasks.

## MENTAL HEALTH MINUTE

JULY 2023



### Take a Social Media Break for Your Mental Well-being

A Healthline survey recently found that **25%** of people say social media negatively impacts their mental well-being, and more than half (53%) believe cutting down on social media use could improve their mental health. Other studies have found that social media use can worsen loneliness, depression, anxiety, self-worth and quality of sleep. Despite this, many people turn to social media out of habit or to relax.

Consider the following tips for reducing social media use:

- **Find alternative sources of relaxation.** If you turn to social media to help you unwind, try exchanging it for another activity, such as walking, reading, crafting, listening to music, baking, yoga, meditating or playing with a pet.
- **Try other ways to connect.** If you use social media to communicate with others, consider alternatives, like volunteering, calling friends or family, inviting people over for dinner, joining community clubs, chatting with neighbors or taking an exercise class.
- **Seek other means of entertainment.** Engage in other forms of entertainment. For example, try listening to podcasts, reading, learning something new, or going to a local museum or art show.

#### Setting Boundaries

For some, quitting social media altogether may be an unrealistic goal. Focus instead on creating a healthy relationship with social media by:

- Unfollowing accounts that leave you with negative emotions
- Deleting any negative comments or messages
- Striving not to compare yourself to others
- Prioritizing your mental health

If social media hurts your mental health, take a break and try an alternative source of entertainment, connection and relaxation.

While it's normal to feel lonely sometimes, persistent feelings of loneliness can seriously affect your physical and mental health.

People who experience chronic loneliness are more likely to develop the following conditions:

- Heart disease
- A weak immune system
- Alzheimer's disease
- Inflammation
- Obesity
- High blood pressure

There are also strong correlations between long-term loneliness and the following mental health conditions or symptoms:

- Low self-esteem
- Stress
- Sleep issues
- Substance misuse
- Mood disorders (e.g., depression)

#### Challenging Loneliness

Fostering strong social connections and caring for yourself can help you combat loneliness in your daily life. Here are some strategies to try:

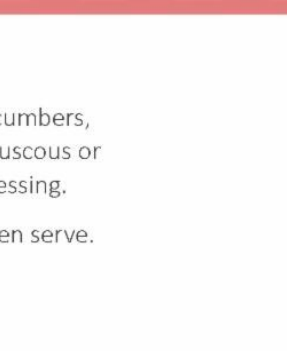
- **Reach out to others.** Call or spend time with those who support and uplift you.
- **Try new things.** Volunteer in your community, take a dance class or join a local sports team to meet new people.
- **Focus on self-care.** Prioritize meaningful activities that make you feel good, such as crafting, eating well and exercising.
- **Challenge negative thoughts.** Be conscious of how loneliness can change the way you feel. Combat negative thought patterns by expecting the best out of other people and yourself.

Left unchecked, enduring feelings of loneliness can have significant mental and physical health ramifications. Proactively engaging with others and prioritizing activities that boost your mental state can help you challenge negative perceptions

## Cucumber Salad With Tomatoes

July 2023 Recipe

Makes: 4 servings



### Ingredients

- 2 cups cucumber (diced)
- 1 cup tomatoes (seeded and diced)
- ¼ cup sweet onion (chopped)
- 2 cups couscous or rice (cooked)
- 2 tsp. fresh or dried dill weed (chopped)
- ½ cup low-fat Italian salad dressing

### Directions

1. Toss together the cucumbers, tomatoes, onions, couscous or rice, dill and salad dressing.
2. Chill for one hour. Then serve.

| Nutritional information for 1 serving |        |
|---------------------------------------|--------|
| Calories                              | 331    |
| Total fat                             | 1 g    |
| Saturated fat                         | 0 g    |
| Cholesterol                           | 1 mg   |
| Sodium                                | 344 mg |
| Carbohydrate                          | 68 g   |
| Dietary fiber                         | 5 g    |
| Total sugars                          | 5 g    |
| Added sugars included                 | 1 g    |
| Protein                               | 11 g   |