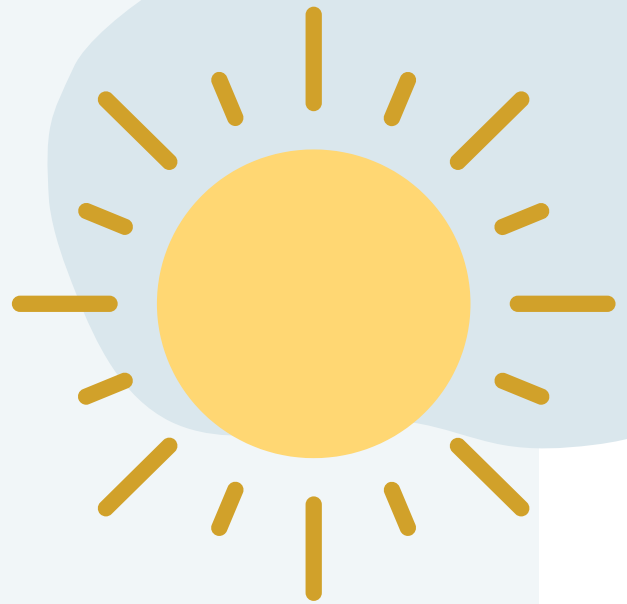


TOP 5 INJURIES AND ILLNESSES OF THE SUMMER



We're here to help all summer long! For non-emergency illnesses and injuries visit relymd.com for 24/7 on-demand visits.



1

Heat-related illness. The easiest way to combat dehydration is to increase the amount of water you drink when spending time in the sun, especially when you are active.

2

Swimming injuries/drowning. Supervision is the key to prevent drowning. Supervision means constant watching.

3

Sunburns. When spending time in the sun, sunscreen is your best defense, and you should choose one with an SPF of 30 or higher.

4

Bicycling related injuries. The most common are injuries to extremities—arm and wrist fractures—as well as head injuries. Always wear a helmet.

5

Bug bites. The best way to combat insect bites is by using repellents that contain 20 to 30 percent DEET, which helps repel insects.