



## Ask Be Well

How do I know when to visit the ER, urgent care, or doctor's office?

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For non-life-threatening issues your primary doctor is the best place to start when you're sick or hurt. They know your health history including any underlying conditions you may have. When you visit your doctor for an illness or injury, they can make informed choices about your treatment and necessary tests. Many primary care doctors have evening and weekend hours to accommodate busy schedules.

However, if you are sick or hurt with a non-life-threatening issue and your primary doctor is unavailable, then urgent care may be the right choice for you. Urgent care centers are usually open after normal business hours, including evenings and weekends. Many offer on-site diagnostic tests. And, in most situations, you'll find that you save time and money by going to urgent care instead of an emergency room.

Emergency rooms are the best place for treating severe and life-threatening conditions. They're open 24 hours, seven days a week. They have the widest range of services for emergency after-hours care, including diagnostic tests and access to specialists. That specialized care also makes it the most expensive type of care. And you'll probably have to wait a long time to get treated.

This information, as well as additional tips comes from [Anthem](#). More information and tips can be found at the [National Institutes of Health](#).



### Reminders for staying healthy and safe outdoors!

1. Protect your skin—limit the amount of direct sunlight you receive between 10am and 4pm and make sure to wear (and reapply) sunscreen. Visit the [EHHD Sun Safety page](#) for more information!
2. Stay hydrated—drink plenty of water, even if you don't feel thirsty.
3. Don't forget about your eyes and feet—Be sure to wear sunglasses that absorb at least 90% of UV sunlight & wear foot protection (ex. Closed toed sandals)
4. Swim Safety—always swim with a buddy and always maintain constant child supervision
5. Remember— Cliff Jumping/Cliff Diving is illegal
6. Protect yourself against biting bugs like mosquitos and ticks. Wear long pants tucked into your socks when hiking in brush/grassy areas and use a repellent with Deet to keep away the unwanted pests! Check out this [EHHD page](#) for more tick prevention tips!

(via [American Red Cross](#) and [U.S. Forest Service](#))

## July is National Parks and Recreation Month!

July is celebrated nation-wide as Parks and Recreation Month. With all the offerings of local Park and Recreation Departments, there should be many reasons to celebrate! If you haven't checked into what your town's Parks and Recreation office is doing lately, you might be surprised. Not only will you find various sport events available for children, but most offer a wide assortment of adult enrichment classes, too. And while summer camp offerings might be filled, you might be able to find other ways to add activity and fun to your summer days. Did you know that some local departments have kayaks and canoes available for loan (for \$5 or less a day)? Others have picnic packs so you can set up an impromptu volleyball, badminton, or horseshoes. Many programs offered do not require residency.

To find information about your local parks and rec [Click Here!](#)

## Grilled Watermelon, Mint, and Feta Salad

### Ingredients

1 small watermelon (about 6 pounds), cut into 1-inch-thick rounds (lay melon on its side, and cut through rind and flesh with a sharp knife)

1/2 cup small mint leaves, torn

2 ounces feta cheese, crumbled into large chunks

1 tablespoon olive oil

1 tablespoon balsamic vinegar

1/4 teaspoon sea salt

1/4 teaspoon black pepper

1. Heat a grill (or grill pan over high heat) until very hot. Two at a time, grill watermelon rounds, turning once, until charred (about 2-3 minutes per side). Transfer watermelon to a cutting board and remove rind; cut rounds into wedges.

2. Arrange watermelon on a serving platter; sprinkle with mint and feta. Drizzle with olive oil and vinegar, then sprinkle with salt and pepper.



### Have Fun Without Breaking the Bank!

The summer often means increased vacation and family time. For families with children, it can be difficult to fill in the days with activities that are both entertaining and cost effective. Here are some tips to keep summer exciting on a budget!

- Have a picnic in your yard or local park
- Plant a window box herb garden
- Make a sidewalk chalk mural
- Learn about stargazing and try to identify as many constellations as possible
- Go to your local library and check out books that match a theme. For example: summer, travel, arts and crafts, animals
- Visit the beach and collect seashells. Hot-glue them to a picture frame or photo album for your summer memories
- Do a "toy swap" with friends or neighbors. (Sometimes playing with different toys can be exciting!)
- Write your own play/puppet show and do a performance for your family and friends

**Reminder: Sunscreen should be replaced regularly! Be sure to check the expiration date on your left over bottles to be sure it's still effective!**



Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from the CT Department of Public Health. The goal of the program is to make the healthy choice the easy choice.

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