

# This Summer, Staying Safe Means More Than Being Sun-Smart

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With stay-at-home orders being lifted, you may be eager to get outside, especially as summertime approaches. But before you head out for a jog in the sun or a lazy afternoon by the pool, remember that your health needs to remain a top priority. Some of the best parts of summer-like picnics, pool parties and sports outings — present new challenges in the wake of the pandemic.

Healthy practices such as social distancing, washing our hands and wearing masks in public may impact our outdoor fun. We'll need to combine these new safety measures with traditional ones to protect ourselves as communities open for the summer.

## If You Need Care This Summer, We'll Keep You Protected

Even if you've heeded all the warnings, have taken preventive measures and are as careful as can be, accidents do still happen. Whether you become overheated and find yourself in an emergency situation or it's time for your annual trip to [your dermatologist](#), we want you to feel comfortable getting medical care.

At AdventHealth, we prioritize your well-being and peace of mind, and your safety is our priority. That's why we've introduced [several new safety measures](#) to protect you and your loved ones.

### Face Masks for Everyone

Our new policy requires that all of our care providers, employees and guests wear masks upon entering our facilities. Can't find a mask? Our health care providers will give you one upon arrival.

### Separate Care Areas for People Who Are Sick

We carefully evaluate each person upon arrival. People who are running a fever or show other concerning symptoms will be treated in a separate area, away from other patients.

### Social Distancing Measures

Our waiting rooms and offices have been redesigned to maintain at least 6 feet of space between each person. You'll notice floor markers and seat covers for where to sit and stand a safe distance apart from others. Clear, protective shields at receptionist desks also keep you safe during your visit. In certain cases, you may even be able to wait in your car and receive a text or call when your doctor is ready.

### Temperature Checks at All Facility Entrances

We have checkpoints located at all of our major entrances. Employees and patients alike have their temperature taken at the door before entering the facility to ensure everyone's safety.

## To Stay Safe This Summer, Stay a Step Ahead of Heatstroke

As temperatures begin to rise, so does the risk of serious heat-related illnesses and injuries. For example, in just 10 minutes, a parked car's internal temperature can rise 20 degrees, despite leaving the windows cracked open. This can become deadly very quickly, so please be cautious when leaving your car unattended and do not leave pets or family members in a parked car.

If you enjoy being active outdoors, you should also be aware of how to identify indicators of heatstroke. Typically, heatstroke happens as a result of not consuming enough fluids and when your body temperature gets too hot. Protect your body from heatstroke by being mindful of the following symptoms:

- A body temperature of 104° F or higher
- Hallucinations
- Headaches, confusion or trouble thinking clearly
- Muscle cramps or weakness
- Skin redness and warmth
- Vomiting or diarrhea

If you experience these heatstroke warning signs, relocate to an area that will cool your body temperature down, drink fluids and seek medical advice immediately.

## Exercise Smart in the Sun

Take advantage of the beautiful weather and get active this summer. It's very important when you head outside to exercise to heed the following advice:

- Avoid crowded places and maintain social distancing
- Drink plenty of water or sports drinks (not alcoholic or caffeinated beverages)
- Exercise early, before it gets too hot
- Take breaks when you exercise
- Wear loose, breathable clothes
- Wear a breathable face covering, such as a cotton cloth or mask, when possible

## Protect Your Skin This Summer

Since your skin is the body's largest organ, it seems ironic that it's often forgotten when it comes to taking care of our health. Here are some tips for caring for yours:

- Apply sunscreen every day (even on cloudy days and in the winter)
- Reapply sunscreen often when you're outdoors (especially when you're in the water)
- Use enough and apply it everywhere (don't forget easy-to-miss areas like your scalp or feet)
- Wear sun-protective clothing (hats and sunglasses count too)

Read more about sunscreen best practices for your best protection, [here](#).

## If You Need Us This Summer, We're Here to Care for You, Safely

When you need in-person care, you can rest assured that we're taking extra precautions to meet your needs and keep you protected. If you don't need immediate or in-person care, you may also [see our physicians virtually](#). In many cases, you can arrange a [video visit through the AdventHealth app](#) with your doctor from the comfort of your own home.

For more about how we're dedicated to protecting and keeping you safe, learn more at [AdventHealth.com](#) or read more about our [trusted dermatology care](#).

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