



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



STAYING HEALTHY WHILE OUTDOORS

As the weather gets nicer in Saskatoon for the summer there is so much green space in our city and along the riverbank to to explore and enjoy! Don't forget to take the appropriate precautions when going outside to protect yourself against bugs, the sun, and dehydration.

STAY WELL SO YOU CAN STAY OUTSIDE LONGER!

As the weather gets nicer in Saskatoon for the summer there is so much green space in our city and along the riverbank to to explore and enjoy! Although it can be nice to spend much of the day and evening outside, it is important to take precautions prior to doing so to ensure you are keeping yourself in good health. With these tips and tricks we hope you can be sun safe, stay hydrated and avoid getting bitten by bugs when enjoying outdoors for prolonged periods of time.

H2O IS KEY

Drink between 3-4 liters of water each day to maintain health and bodily functioning. The amount you need depends on exercise and other factors but this is the average amount recommended for most adults. Carry a reusable water bottle with you when venturing outdoors and refill it often. Don't forget to replenish hydration after exercising or being outdoors in warm weather with sport drinks, aloe Vera juice or coconut water.



TIPS ON TICKS (AND OTHER BUGS)

Ticks

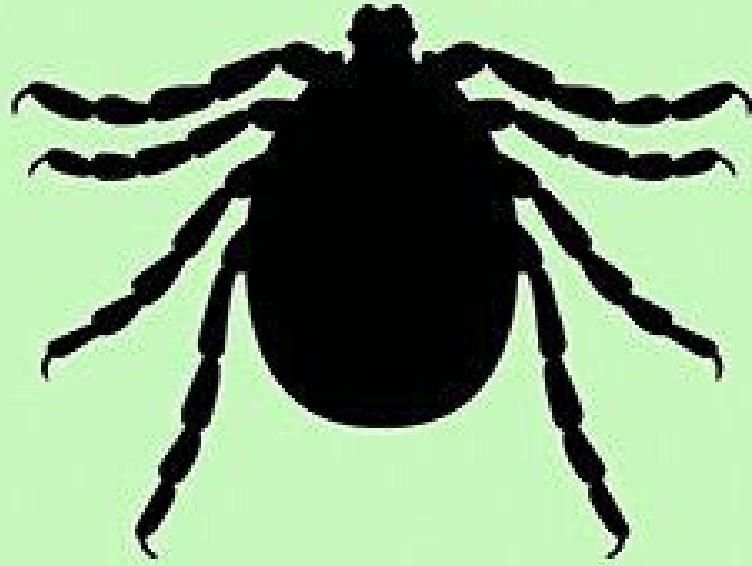
- Be aware of ticks when hiking, walking or biking in wooded areas with low shrubs or grass longer than ankle height.
- Cover up wearing long pants and tall socks. It is recommended to tuck pants into your socks to prevent ticks from climbing up your pant legs.
- When returning home from areas where ticks are found, thoroughly check your body in front of a mirror and run your fingers through your hair and scalp. It is also recommended to shower after visiting areas that could have ticks.

For safe tick removal strategies and further information check out these resources:

- <https://www.americanforests.org/blog/tick-checking-101-steps-take-every-hike/>
- <https://control-mosquitoes.com/how-to-check-for-ticks/>

Mosquitos

- Plan ahead, where you are going and the time of day can affect if mosquitoes will be out. Exposure to mosquitoes tends to be worse during the evening, as daytime temperatures cool off, or near bodies of water.
- Cover up exposed areas of skin prior to going outside. Wear thick material or tightly woven fabric to prevent being bitten through clothing.
- Wear bug repellent, products with deet tend to be the most effective.



GRAB YOUR SHADES

Who doesn't love a little bit of sunshine, especially after a Saskatchewan winter? Being outside in the sun can be lovely, but it is important to not stay in direct sun for long. Follow the tips below to stay safe and avoid things such as heat stroke and sunburns.

- Check the temperature and UV index prior to heading outdoors. If the UV index is higher than 3 it is recommended to take precautions to protect your skin.
- Avoid the heat of the day when the UV index is the highest, typically between 11:00AM-3:00PM
- When outdoors seek shade, if exposed to the sun wear a minimum SPF 30 sunscreen and re-apply every 120 minutes for full coverage.
- Wear Sunglasses and a wide brimmed hat to keep sun off of your face and neck.

For more sun savvy tips check out: <https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/the-6-best-ways-to-be-sun-safe/?region=sk>

Ready Reads

How to Be an Anti-Racist

by Ibram X. Kendi

The Danger of a Single Story

with Chimamanda Ngozi Adichie

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=D9IHS24IZEG](https://www.youtube.com/watch?v=D9IHS24IZEG)

Shameless Showtime

13th

On Netflix

TW: violence

Thoughtful Thinking

Fact of the week