

Tips To Save And Stay Safe This Summer:

Sports And Camp Physicals Available At Take Care Clinics For \$30

(NAPSA)—For many kids and parents, warm weather is an invitation for long weekends and vacations filled with outdoor fun. But in addition to baseball, cook-outs and camp, summer also brings a specific set of health concerns. To help ensure that you and your family have a safe, healthy season, follow these simple tips:

- **Get your physical.** Many sports and camp programs require children to get a physical exam prior to participation. Take Care Clinics, professional walk-in health care clinics located at select Walgreens across the country, are offering sports and camp physicals for just \$30 through September of 2009. A sports or camp physical is a perfect opportunity to interact with a trusted health care professional and to get answers to questions about a child's health and well-being. Take Care Clinics are a convenient option for parents with busy schedules as these clinics are open seven days a week and weeknights, too, and no appointments are necessary.

- **Avoid heat stress and heatstroke.** It's easy to get caught up in the fun of outdoor activities, but in extreme heat conditions it's important to not push beyond your physical limits. Drink plenty of water to avoid dehydration and be on alert for symptoms of heat stress and heatstroke such as thirst, cramps, fatigue, dizziness, nausea, vomiting and fever, and never leave children in a hot car.

- **Avoid tick and other insect bites.** Bug bites can potentially be dangerous, so take precautions, such as wearing insect repellent, tucking pants into socks or shoes when hiking in the woods, and staying in the middle of trails to avoid overhanging branches. Avoid scented soaps and lotions that can attract bugs.



Take Care Clinics are open seven days a week and weeknights, too, and provide a convenient option for busy parents, offering camp and sports physicals and treatment for minor ailments.

- **Always wear sunblock.** Limit exposure to the sun, especially between 10 a.m. and 4 p.m., when it's at its strongest, and use sunblock that offers UVA and UVB protection with an SPF of 15 or higher. Apply sunblock 15 to 30 minutes before going out in the sun and reapply every two hours or after swimming, sweating or towel drying.

- **If an accident does occur, seek treatment from a health care professional.** Take Care Clinics can be a great resource for high-quality, affordable and convenient care of acute ailments ranging from minor injuries, splinters and strains to sunburn, tick and other insect bites, poison ivy and more. Beginning in late June, Take Care Clinics will offer expanded treatment of skin conditions that include all rashes and closure of minor cuts with Dermabond.

High school and middle school level, pre-participation sports physicals are not available at Take Care Clinics in Kansas.

To find a clinic near you, visit TakeCareHealth.com or call 1-866-Take-Care (1-866-825-3227).