



COUNTY EXECUTIVE  
EDWARD P. MANGANO

COMMISSIONER OF HEALTH  
MARIA TORROELLA CARNEY, M.D., F.A.C.P.

**Be water-savvy.**

**Protect yourself.**

**Fight the bite.**

**Eat healthy.**

**Be active.**

**Get check-ups.**

Nassau County Department of Health  
106 Charles Lindbergh Boulevard  
Uniondale, New York 11553  
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[www.nassaucountyny.gov/  
agencies/health/index.html](http://www.nassaucountyny.gov/agencies/health/index.html)

## Nassau County Executive Ed Mangano Offers Tips for a Healthy Summer

Summer is a great time to build up your fitness program, enjoy fresh fruits and vegetables, take a vacation, and have fun. It's also a time to pay attention to your health and safety. County Executive Mangano suggests tips to help you stay safe and healthy this summer and all year long.

### Be water-savvy.

- ✓ Learn how to swim.  
Never swim alone.
- ✓ Wear your life jacket while boating.
- ✓ Do not drink alcoholic beverages while boating or swimming.
- ✓ Watch children in and around water.
- ✓ If you have a swimming pool at your home, install a four-sided isolation pool fence.



### Protect yourself.

- ✓ When possible, avoid outdoor activities during midday, when the sun's rays are strongest.
- ✓ Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.
- ✓ Drink cool, non-alcoholic fluids.
- ✓ Wear helmets and seat belts.
- ✓ Wash hands to stop the spread of germs.
- ✓ Avoid smoking and breathing other people's smoke.
- ✓ Be ready for emergencies. Make a supply kit.  
Make a plan. Be informed.

### Get check-ups.

- + Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.
- + Find out what exams, tests, and shots you need and when to get them.
- + See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.



## Fight the bite.

- ✓ To lower your risk for West Nile Virus, avoid mosquito bites when you spend time outside working or playing.
- ✓ Use mosquito repellent.
- ✓ Install or repair window and door screens.
- ✓ Eliminate mosquito breeding sites.



**FitNassau**  
County Executive Edward P. Mangano

## Eat healthy.

- ✓ Eat a variety of fruits, vegetables, and whole grains every day.
- ✓ Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- ✓ Eat a balanced diet to help keep a healthy weight.

## Be active.

- ✓ Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- ✓ Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.



## Get check-ups.

- + *Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.*
- + *Find out what exams, tests, and shots you need and when to get them.*
- + *See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.*

**Be water-savvy. Protect yourself.**  
**Fight the bite. Eat healthy.**  
**Be active. Get check-ups.**

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