

CommonHealth WEEKLY WELLNOTE

Simple, science-backed guidance for a healthier workforce

Spotlight on Summer Safety: Water Safety

Pools, beaches, lakes, and other bodies of water are great destinations to help us beat the summer heat and have fun. Many people are familiar with basic water safety guidelines, such as swimming with a buddy and only in areas supervised by a lifeguard. Here are some less commonly offered, but still important, tips to help us stay safe and healthy when enjoying water activities:

- **Protect your eyes.** Getting water in your eyes can cause dryness, irritation, blurred vision, and may lead to eye infections. Wear swim goggles to see underwater safely. Choose a pair that also protects from UV rays, and wear sunglasses when not in the water. It's best to remove contact lenses before entering the water and use prescription sunglasses or goggles instead.
- **Avoid swallowing water from lakes, pools, water parks, and other recreational water areas.** *Cryptosporidium*, a parasite which causes watery diarrhea and vomiting, may be present in the water – even if it's been treated with chlorine. Spit out any water that does get into your mouth and wash hands with soap and clean, running water. Unfortunately, alcohol-based sanitizers aren't effective against *Cryptosporidium*.
- **Consider side-effects from medications.** Some medications can impair judgement, balance, and coordination – all of which increase the risk for drowning. It's best to avoid swimming when taking these medications.



Should I Wait to Swim After Eating?

It may not be comfortable to swim with a full belly, but science says it isn't dangerous.

See the attachment from Anthem to learn more about digestive health.

Sources: Mayo Clinic & CDC

Try It This Week: Grilled Curried Shrimp Skewers

Keep the grill going with this tasty [recipe](#) from WeightWatchers. It could be equally delicious with scallops, cubed chicken breast, or cubed tofu instead of shrimp.



[Get the recipe!](#)

Benefits Buzz: Special Pricing on Select WeightWatchers Plans

Embrace a healthier, happier you this summer! WeightWatchers offers nutrition plans tailored to you, science-backed tools, and a community of support to help you reach your health goals.

Learn more about special pricing available to benefits-eligible COVA employees, spouses, and adult dependents at WW.com/CommonHealth.

Already a WeightWatchers member? Call 866-204-2885 for questions or to sync your current account.

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