Rediscover Play

All work and no recess can make life pretty dull. When is the last time you did something for the fun of it? Maybe you’re so focused on work and family demands, you forget to set aside time for play.

When you do find some leisure, how do you spend it? Recent studies show that adults have a lot to gain from playing.

Throughout life, maintaining a sense of fun, laughter and creativity is linked with the ability to feel happy. And maintaining that attitude will help boost your resilience and good health. Specifically, play and humor can relieve stress and boost energy, help solve problems and improve relationships — on and off work.

Play is finding amusement, humor, joy and entertainment in your daily life. Enjoy play and fun in personal ways and those you live with — whatever boosts your mood and makes you smile and laugh.

You might:

• Explore a favorite famous locale online.
• Listen to music or learn to play an instrument.
• Get outdoors (observe social distancing and other protective measures if they’re in effect).
• Camp in your backyard with your kids.
• Enjoy humorous movies and books.

Resolve to make play part of every day. And make life easier.

“We cannot teach people anything; we can only help them discover it within themselves.” — Galileo Galilei

BEST bits

I To stay healthy, act to prevent the spread of viruses and other infectious germs:
1. Wash your hands thoroughly in soapy water for at least 20 seconds. Use alcohol-based hand sanitizer when soap and water aren’t available.
2. Cough and sneeze into the inside of your elbow.
3. Don’t touch the T-zone — your eyes, nose and mouth — with your hands.
4. If you’re ill or have a weakened immune system, isolate yourself as much as possible.
5. Follow public health recommendations for wearing a mask and other safety measures.

I In these ever-changing times, try progressive muscle relaxation to ease body and mind. While lying down or sitting in a comfortable chair, tighten each muscle group in your body one at a time; hold for 10 seconds and then slowly release. Start with your feet and ankles, move up to your lower legs and thighs, and then reach your abdominals, arms, shoulders and face.

I If you long to be tobacco free, why not start now? Meet with your health care provider. Nicotine addiction is a chronic illness, and your provider can guide you through quitting. Ask about non-nicotine medicine and nicotine replacement aids to reduce nicotine cravings and withdrawal symptoms. Learn more at smokefree.gov.

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Gastroenteritis

Gastroenteritis is a common, and sometimes miserable, stomach infection. It involves inflammation of the intestines, which causes a host of unpleasant symptoms, including cramps, nausea, watery diarrhea, vomiting, lack of appetite and fever.

There are 2 main types of gastroenteritis:

1. **Viral gastroenteritis:** Several viruses can cause the infection, but norovirus is the most common, resulting in 19 to 21 million cases of viral gastroenteritis each year. The disease spreads easily from one person to another on unwashed hands, or from close contact with someone who has the infection: for example, sharing food at a picnic. Viral gastroenteritis often spreads when people live or interact in close quarters, such as in college dorms, nursing homes or on cruise ships.

2. **Bacterial gastroenteritis:** The bacteria (such as *E. coli* and salmonella) that cause this form of the disease can infect food. For example, bacterial pathogens can multiply on foods that need refrigeration and are left outside too long in hot weather at a cookout. Or, if meat or poultry has come into contact with the bacteria and isn’t cooked thoroughly enough, the pathogens can multiply and infect people who eat the contaminated food. Bacterial gastroenteritis also results from unsanitary food preparation, such as using unclean cutting boards and utensils.

### Treating Gastroenteritis

Most cases of mild gastroenteritis resolve in a few days. In the meantime, it’s important to get plenty of rest and stay hydrated. If you don’t improve fairly quickly, call your health care provider, who may recommend over-the-counter anti-diarrhea medicine.

**Drink water, sports drinks, broth and soft drinks,** taking small sips at a time if you have ongoing nausea. Once your upset stomach feels better and hunger returns, try eating broth, gelatin and clear soups and, as symptoms lessen, gradually add rice and other bland foods until symptoms are gone.

If your symptoms include a fever higher than 101°F, extreme fatigue, unrelenting vomiting or blood in your bowel movements, call your provider immediately or seek urgent care. And don’t hesitate to seek medical care for a child or an elder who has gastroenteritis symptoms and appears dehydrated, weak and has a high fever.

### Immunization Saves Lives

Making sure your child is up-to-date on immunizations gives them a head start on their health and their entire life. Despite inaccurate and misleading information that often pops up online, vaccines have a proven track record for safety. From babyhood through old age, vaccines are effective protection from serious diseases — preventing lost school days as well as potential disabilities and even deaths.

The chances of your child getting measles, pertussis or other vaccine-preventable diseases tend to be statistically low, according to the CDC, and that’s because vaccines work and have reduced the rate of these illnesses.

Your child cannot get by without the protection immunization offers if he or she has been exposed to a vaccine-preventable illness.

**What’s more,** by making sure your child is vaccinated, you are not only protecting your youngster, but helping stop the spread of diseases to other kids, families and communities.

**August is Immunization Awareness Month,** a good time to consult with your child’s health care provider if you have questions about vaccines. The CDC also provides information about vaccines, including the recommended immunization schedule for infancy through age 18 at [cdc.gov/vaccines/parents/visit/birth-6-vaccine-schedule.html](https://www.cdc.gov/vaccines/parents/visit/birth-6-vaccine-schedule.html).

### Manage Your Digital Life

Technology is an integral part of the 21st century, but it has a downside. If you don’t balance your digital activities with the rest of your life, you may end up with little free time for family and friends, as well as exercise and other good health habits.

**Commit to not checking your phone compulsively day and night.** This can save you time and may improve your concentration, according to Georgetown University computer science professor Calvin Newport, PhD. Turn off your phone and tablet (and ask your partner and kids to do the same) while you have meals together and focus on conversation.

**Movies, sports and other entertainment are available with a click.** But concentrating on online diversions can keep you from enjoying the outdoors in the real world (depending on social distancing guidelines). Use technology to find and plan activities, including ways to be physically active, and enjoy time with friends and family.

Social media and online groups can help you connect with colleagues, neighbors and the world. But do you need all these groups, social feeds and online friends? Do a reality check and purge your feeds of groups and virtual friends who don’t inform, inspire and benefit your life.
Flexible spending accounts allow employees to fund qualified medical expenses pretax through salary reduction to pay for out-of-pocket expenses for medical, dental, vision and dependent care (your plan may vary). You can use your FSA to pay for eligible expenses incurred by your spouse or dependents claimed on your tax return even if they are not covered by your health plan.

The maximum annual allocation limits may change annually. The total election amount is available on day 1 of your plan year. After enrollment, your funds are withdrawn automatically from each paycheck for deposit into your account before taxes. You can use FSA funds during the plan year. Many employers allow a 2½-month carryover into the next year or a $500 carryover into the next plan year. Check with your employer to see which rules apply.

Always choose whole foods first. A whole food is one that’s still close to how it was grown or raised, such as vegetables, fruit, beans, nuts, fish, meat, poultry, eggs, dairy and whole grains. Choose these more often than ultra-processed foods, such as candy, fries, chocolate, pastries and salty snacks.

Beverages count, too. The No. 1 source of sugar in the North American diet is sweet beverages such as soft drinks. Each 12-ounce can contains about 10 teaspoons of added sugar, and the World Health Organization recommends consuming no more than 12 teaspoons per day. Opt for water most often, or choose coffee and tea drinks without lots of cream and sugar.

Consider your hunger level. When you’re distracted by screens, traffic or meetings, you may eat when you’re not hungry. That may lead to overeating and cause upset stomach, heartburn, bloating or weight gain. Learn to focus on how hungry you feel. Rate it on a scale of 1 to 10. Eat until you feel just full, but not stuffed. If you’re not distracted, it’s easier to monitor fullness cues.

Divide your plate. When you plan meals and snacks, fill half your plate with vegetables and fruit, a quarter with whole grains, and the remaining quarter with protein options, such as fish, poultry or legumes. This balanced plan provides the nutrients your body needs.

Summer Fruit Salad with Fresh Herbs

3 peaches or nectarines, sliced
2 cups mixed berries (blueberries, strawberries and blackberries)
2 tbsp fresh basil, cut into thin strips
2 tbsp fresh mint, chopped, plus more for garnish
½ lime, zest and juice
1 cup plain Greek yogurt
2 tsp honey

In a serving bowl, gently blend fruit with basil, mint, lime juice and zest. In a small bowl, blend Greek yogurt with honey. Divide fruit salad evenly onto 4 plates. Top each with a dollop of honey yogurt, and garnish with mint. Serve.

Serves 4. Per serving:
108 calories | 4g protein | 1g total fat | 0.5g saturated fat | 0.5g mono fat | 10g poly fat | 24g carbohydrate | 16g sugar | 4g fiber | 60mg sodium
EXPERT advice
— Eric Endlich, PhD

Q: How can I adapt to rapid change?

A: Here are some helpful tips if you’re struggling to keep up with a fast-moving world:

1. Realize that you’ll need to adjust. In the long run, facing change is better for you than ignoring the situation. Give yourself time to adapt.
2. Remember: Good changes may be stressful, but they’re still positive events.
3. Maintain regular routines when possible to provide some stability.
4. Keep up healthy habits: exercise, adequate sleep, relaxation and wholesome eating.
5. Take a break from the news.
6. Avoid relying on drugs, alcohol or tobacco.
7. Confide in others to feel less isolated.
8. Find things to be thankful for. Look for positive opportunities.
9. Address changes proactively. Before a hectic workweek, cook make-ahead meals and finish chores on the weekend.
10. Trust that you can persevere and tackle changes constructively, as you have in the past. Keep moving forward one step at a time.

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Dr. Zorba’s Corner

Weight problem? You’re not alone. Data from the National Health and Nutrition Examination Survey shows that four out of 10 adults are overweight while one out of 10 is severely overweight. That’s jumped dramatically since the 70s and 80s. Just look at old group photos — being overweight was unusual; now it’s common. What to do? Start with hidden calories. Three tablespoons of ranch dressing is about 200 calories — that’s as many calories as a chocolate bar. Light dressing has half as much. And don’t get me started on regular soft drinks — a 12-ounce can has about 12 cubes’ worth of sugar. Want to lose weight? Cut out all sugary drinks and check the small stuff such as salad dressing. Calories count. Note: Cutting calories is just one step and obesity can result from many factors. Ask your health care provider to help you come up with a plan to lose weight safely and keep it off. — Zorba Paster, MD
No-Cook Meals

Summer is the best time for no-cook meals, such as salads. Chop up a beautiful array of fresh vegetables and herbs, and heap them atop leafy greens. You can turn salad into a full meal by adding canned lentils, chickpeas or tuna; leftover cooked chicken; or some cheese cubes. Add some whole-grain crackers on the side (or use them as croutons) and dinner is done.

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Smart Eating Strategies

By Cara Rosenbloom, RD

There is plenty of nutrition information out there, and sometimes it’s difficult to know which advice to follow. So, if you’re looking for simple guidance, consider these your ABCDs of healthy eating.

A lways choose whole foods first. A whole food is one that’s still close to how it was grown or raised, such as vegetables, fruit, beans, nuts, fish, meat, poultry, eggs, dairy and whole grains. Choose these more often than ultra-processed foods, such as candy, fries, chocolate, pastries and salty snacks.

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The Smart Moves Toolkit, including this issue’s printable download, Vaccination: A Smart Investment is at personalbest.com/extras/20V8tools.
Summer Slaw with Peaches

**Ingredients:**
- 2 cups green beans, stems removed, cut in half
- 2 cups thinly sliced purple cabbage
- 2 peaches, pitted and sliced
- 1 green onion, white and pale green parts, thinly sliced
- 2 tbsp chopped fresh parsley or cilantro
- ½ tsp sesame seeds

**Dressing:**
- 3 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- ¼ tsp fresh garlic, minced
- ½ tsp fresh ginger, minced
- Pinch salt and pepper

**Method:**
1. Fill a large bowl with ice water and set aside.
2. In a large pot of boiling water, blanch green beans for 3 minutes.
3. Transfer beans to ice water using a slotted spoon. Drain.
4. Add beans to a large serving bowl. Top with cabbage, peaches, green onion and parsley.
5. In a small jar with tight-fitting lid, combine dressing ingredients; shake well and pour over green bean mixture.
6. Top with sesame seeds and serve.

**Makes 6 servings. Per serving:**
- 102 calories
- 2g protein
- 7g total fat
- 1g saturated fat
- 5g mono fat
- 1g poly fat
- 10g carbohydrate
- 4g sugar
- 3g fiber
- 50mg sodium
MAKE A GREAT PLATE.
Throw together this quick and flavor-packed dinner in minutes.

Sheet Pan Chicken Fajitas

**INGREDIENTS**
- 3 tbsp extra-virgin olive oil
- 2 tsp chili powder
- ½ tsp each garlic powder, dried oregano, cumin and salt
- 1½ lbs (24 oz.) raw chicken breast, cut into strips
- 2 bell peppers, any color, seeded and sliced
- 1 sweet onion, sliced

**DIRECTIONS**
Preheat oven to 400°F. Line baking sheet with foil or parchment. **Combine** oil, spices and chicken in large, resealable container; shake to mix. **Marinate** in refrigerator at least 15 minutes. Spread chicken mixture onto prepared sheet pan. **Add** peppers and onions to pan. **Bake**, stirring halfway through, about 20 minutes, or until chicken is cooked to 165°F. **Serve** with whole-grain tortillas and salsa.

**Makes 4 Servings. Each** 276 calories • 32g protein • 14g total fat • 6g carb • 3g sugar
3g fiber • 360mg sodium • 2g saturated fat • 10g mono fat • 2g poly fat
Redescubra el juego

El tan solo trabajar sin ninguna distracción puede hacer que la vida sea bastante aburrida. ¿Cuándo fue la última vez que hizo algo por simple diversión? Tal vez está tan concentrado en las exigencias del trabajo y la familia que se olvida de reservar tiempo para jugar.

Cuando encuentra tiempo libre, ¿cómo pasa ese tiempo? Estudios recientes indican que los adultos tienen mucho que ganar en términos de salud con el acto de jugar.

En el transcurso de la vida, el mantener un sentido de diversión, risa y creatividad está asociado con la capacidad de sentirse feliz. Y el mantener esa actitud ayudará a incrementar su capacidad de recuperación y buena salud. El juego y el buen humor pueden aliviar el estrés y aumentar la energía, ayudar a resolver problemas y mejorar relaciones en el trabajo y fuera del trabajo.

El juego es encontrar diversión, humor, alegría y entretenimiento en la vida diaria. Disfrute del juego y la diversión de maneras personales y con las personas con las que vive; lo que sea que le mejore el estado de ánimo y lo haga sentirse y reir.

Podría:
- Explorar un lugar famoso favorito por internet.
- Escuchar música o aprender a tocar un instrumento musical.
- Salir al aire libre (cumpliendo con las medidas de distanciamiento social y otras medidas de protección, si hay medidas vigentes).
- Acampar en su jardín con sus hijos.
- Disfrutar de películas y libros humorísticos.

Estrategias para comer de manera inteligente

Por Cara Rosenbloom, RD

Existe mucha información sobre la nutrición, y algunas veces es difícil saber qué consejos seguir. Entonces, si está buscando una guía simple, considere estas pautas para una alimentación saludable.

Siempre elija alimentos integrales en primer lugar. Un alimento integral es uno que todavía ha cambiado poco de cómo se cultivó o se crió, como por ejemplo verduras, frutas, frijoles, nueces, pescado, carne, pollo, huevos, productos lácteos y granos integrales. Elija estos alimentos con mayor frecuencia que los alimentos ultraprocesados, como dulces, papas fritas, chocolate, pasteles y bocadillos salados.

Las bebidas también cuentan. La principal fuente de azúcar en la dieta norteamericana son las bebidas dulces, como en el caso de los refrescos. Cada lata de 12 onzas contiene aproximadamente 10 cucharaditas de azúcar agregada, y la Organización Mundial de la Salud recomienda no consumir más de 12 cucharaditas por día. Opte por agua con mayor frecuencia, o elija bebidas de café y té sin mucha crema y azucar.

Considere su nivel de hambre. Cuando uno está distraído por las pantallas, el tráfico o reuniones, es posible que uno coma cuando no tiene hambre. Eso puede llevar a comer en exceso y causar malestar estomacal, acidez estomacal, hinchazón o aumento de peso. Aprenda a concentrarse en cuánto hambre tiene. Calífíquelo en una escala del 1 al 10. Coma hasta que se sienta lleno, pero no relleno. Si uno no está distraído, es más fácil vigilar las señales de plenitud.

Divida su plato. Cuando planifique comidas y bocadillos, llene la mitad de su plato con verduras y frutas, una cuarta parte con granos integrales y la cuarta parte restante con opciones de proteínas como pescado, pollo o legumbres. Este plan balanceado proporciona los nutrientes que su cuerpo necesita.
Controle su vida digital

La tecnología es una parte integral de la vida del siglo XXI, pero tiene un inconveniente. Si uno no encuentra un equilibrio entre las actividades digitales y el resto de su vida, uno puede encontrarse con poco tiempo libre para la familia y amigos, así como para ejercicio y otros buenos hábitos de salud.

Comprométase a no consultar su teléfono compulsivamente día y noche. Según el profesor de informática de la Universidad de Georgetown, Calvin Newport, PhD, esto puede ahorrarle tiempo y mejorar su concentración.

Apague su teléfono y su tableta (y pídale a su pareja y a sus hijos que hagan lo mismo) mientras comen juntos y se concentren en la conversación.

Hay películas, deportes y otros entretenimientos disponibles con tan solo un clic. Pero el concentrarse en las diversiones en línea puede evitar que uno disfrute del aire libre en el mundo real (dependiendo de las pautas de distanciamiento de la salud pública). Use tecnología para encontrar y planificar actividades, inclusive formas de estar físicamente activo, y disfrutar del tiempo con amigos y familiares.

Las redes sociales y los grupos en línea pueden ayudarlo a conectarse con colegas, vecinos y el mundo. ¿Pero necesita cada uno de los grupos, canal social y amigo en línea? Haga una verificación de la realidad y purgue sus fees de grupos y amigos virtuales que no informan, inspiran ni benefician su vida.

Las vacunas salvan vidas

El asegurarse de que sus hijos estén al día con las vacunas les da una ventaja sobre la salud y toda la vida de ellos. A pesar de la información inexacta y engañosa que a menudo aparece en línea, las vacunas tienen un historial comprobado de seguridad. Desde la infancia hasta la vejez, las vacunas son una protección eficaz contra enfermedades graves, evitando la pérdida de días escolares, así como posibles discapacidades e incluso muertes.

Según los CDC, las posibilidades de que su hijo contraiga sarampión, tos ferina u otras enfermedades prevenibles por vacunación tienden a ser estadísticamente bajas, y eso se debe a que las vacunas dan resultado y han reducido la tasa de estas enfermedades.

Su hijo no puede sobrevivir sin la protección que ofrece la inmunización si ha estado expuesto a una enfermedad prevenible por vacunación.

Además, al asegurarse de que su hijo esté vacunado, no solo está protegiendo a su hijo, sino que también está ayudando a detener la propagación de enfermedades a otros niños, familias y comunidades.

Agosto es el mes de concientización sobre la inmunización, un buen momento para consultar con el proveedor de atención médica de sus hijos si uno tiene preguntas sobre las vacunas. Los CDC también brindan información sobre las vacunas, incluido el programa de vacunación recomendado para los niños desde la infancia hasta los 18 años, el que puede encontrar en https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread-sp.html.

Gastroenteritis

La gastroenteritis es una infección estomacal común y a veces espantosa. Involucra inflamación de los intestinos, lo que causa síntomas como retorcijones, náuseas, diarrea acuosa, vómitos, fatiga, falta de apetito y fiebre.

Hay 2 tipos principales de gastroenteritis:

1. Gastroenteritis viral: Varios virus pueden causar la infección, pero el norovirus es el más común, lo que resulta en 19 a 21 millones de casos de gastroenteritis viral cada año.
   - La enfermedad se propaga fácilmente de una persona a otra en las manos sin lavar, o por el contacto cercano con alguien que tiene la infección: por ejemplo, cuando se comparte comida en un picnic. La gastroenteritis viral a menudo se propaga en espacios cerrados, como en residencias universitarias, hogares de ancianos o en cruceros.

2. Gastroenteritis bacteriana: Las bacterias (como E. coli y salmonela) que causan esta forma de la enfermedad pueden infectar los alimentos. Por ejemplo, los patógenos bacterianos pueden multiplicarse en los alimentos que necesitan refrigeración que se dejan fuera de la nevera por mucho tiempo cuando hace calor y uno está comiendo al aire libre. O cuando la carne o carne de ave ha estado en contacto con las bacterias y no se cocina lo suficiente, los patógenos pueden multiplicarse e infectar a las personas que comen los alimentos contaminados. La gastroenteritis bacteriana también es el resultado de la preparación insalubre de alimentos, como el uso de tablas de cortar y utensilios sucios.

Cómo tratar la gastroenteritis

La mayoría de los casos de gastroenteritis leve se resuelven en pocos días. Es importante descansar mucho y mantenerse hidratado.

Si no mejora con bastante rapidez, llame a su profesional de salud, quien puede recomendarle medicamentos antidiarreicos de venta sin receta.

Beba agua, bebidas deportivas, caldos y refrescos, y bebía a sorbitos si tiene náuseas contínuas.

Una vez que su malestar estomacal se sienta mejor y el hambre regrese, intente tomar caldo, sopas claras y comer gelatina y, a medida que disminuyan los síntomas, agregue gradualmente arroz y otros alimentos suaves hasta que los síntomas hayan desaparecido.

Si sus síntomas incluyen fiebre de más de 101°F, fatiga extrema, vómitos constantes o sangre en sus deposiciones, llame a su profesional médico de inmediato u obtenga atención de urgencia.

Notas: Debido al tiempo de entrega de producción, es posible que este número no refleje la situación actual de la COVID-19 en algunas o todas las regiones de los Estados Unidos. Para obtener la información más actualizada, visite coronavirus.gov.
Leave Work on the Job

The ability to be in touch with work and workplace issues 24/7 is both a blessing and a curse. It’s possible to get more done because information, communication and productivity tools are just a fingertip away at all times. However, the potential for neglecting personal time is high.

Unplug and leave the job behind when you’re done working for the day (or shift). You will return to your tasks refreshed, recharged and ready to take it all on. Strategies:

- **Schedule** definite hours and situations when you will not work, including checking mobile devices. These might include while you’re in bed, during meals or during family time.
- **Establish** check-in times and group similar tasks together during those times, so you can do them efficiently.
- **Turn off** your device before you go to bed. Avoid checking in first thing when you wake up. Greet the day unplugged.

Tips for Password Protection

Weak passwords represent the biggest threat to your digital security and can put you at risk for identity theft or a cybercrime at work. Follow these strong password strategies:

- Don’t give your password to anyone, even a family member, good friend, coworker or supervisor.
- Avoid using a password for more than one account.
- Create passwords that are long (more than 10 characters) and hard for others to guess. Use a random password generator to create strong passwords.
- Use your most complex passwords for your most sensitive and secure information.
- Choose a new password every few weeks, especially for your most personal and critical information.
- Use two-step verification whenever it’s available. It involves typing in a password, then entering a unique code via a text message, key fob device, voiceprint or fingerprint.
- Protect your mobile devices and their apps with strong passwords and, if available, two-step verification.
- Consider using a third-party password wallet service to keep passwords organized and help you remember which password goes with what.

Housekeeping Hints for Work

Clean up your work area, and clarity may follow. Discover the benefits of good housekeeping at work. Tips:

- **Remove** boxes, papers, merchandise or other materials from high-traffic areas and around your workspace. These pose a safety hazard as well as create a mess because they can be knocked over, tripped on or bumped into.
- **Repair** tools, electronics and equipment that don’t work. If it can’t be fixed, dispose of it properly and replace it.
- **Purge** outdated reading paperwork and files or supplies. Recycle or shred it.
- **Wipe it down**. Studies show that desktops, computer keyboards, telephones and electronic devices harbor dirt and bacteria. Once you’ve cleaned off the clutter, clean everything with disinfectant.
How to Write Better Content

**Whether you’re contributing** a blurb to the company’s electronic newsletter, writing a social media post, or adding content or a blog post to the corporate website, follow these tips and rules to ensure your message is clear, well received and professional.

1. **Focus.** Choose one narrow slice of a topic to cover. “How a Single Safety Change Kept Us Accident Free in August” is more focused than “New Safety Initiatives.”

2. **Grab your readers.** Make content more interactive by posing a question, taking a survey or relating the content to the real issues people face.

3. **Keep it current.** Choose a topic, news item or posting that is new. If you are covering something multiple times, a new headline and a fresh lead-in can engage people, even if the information conveyed hasn’t changed.

There’s an App for That

**Have you tried productivity apps that use gaming to help you tackle your to-do list?** Some apps let you track work performance statistics and strive to beat your personal best. Others create motivation and competition, or gaming elements, such as avoiding zombie attacks, and motivate you toward fitness or productivity goals. Search your device’s app store for the latest productivity apps.

Care for Caregivers

**As a caregiver, it’s important to address your own needs.** According to the National Center on Caregiving, caregivers experience sleep problems, poor nutrition and lack of exercise. They don’t always take care of themselves when they are sick or keep up with their own health care appointments.

→ **Avoid** consuming junk food, caffeine or alcohol to cope with stress. Make time to exercise and rest, so you’ll be more resistant to stress and better able to care for the person who depends on you.

→ **Find** neighbors, friends or family members who can pitch in, especially with tasks that don’t involve your emotional connection with your aging or sick relative. This might include yard work, grocery shopping, picking up medication and housework.

→ **Communicate** with everyone invested in your loved one’s care and condition. Be calm and assertive, and don’t be afraid to ask for what you need.

→ **Seek** out a counselor, support group, spiritual or religious adviser, supportive friend, or other system to help you cope. Ask for help before you are overwhelmed.

Five ways to take a break:

Research shows that taking a five-minute break after a period of sustained work, such as 25 or 50 minutes, can enhance productivity. However, this doesn’t mean checking social media or grabbing junk food. Rather, it is a quick refresher designed to recharge your brain. Try these ideas (with your employer’s OK), and then return to your task:

1. **Listen to music.** Use earphones so you won’t disturb anyone.

2. **Write or doodle.**

3. **Sit quietly and reflect.** Look out a window or at a pleasant picture.

4. **Get up, stretch and move around.**

5. **Work on a different task.**

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The Smart Moves Toolkit, including this issue’s printable download, **Vaccination: A Smart Investment**, is at personalbest.com/extras/20V8tools.
Handling Large Industrial Drums

Moving a large drum from one location to another may seem like a relatively simple task. However, there are safety precautions that must be followed per OSHA regulations and to ensure an appropriate response in case a spill or fire occurs. Use these guidelines and learn more at osha.gov.

Check the drum’s label before moving it. (Its classification provides information about the level of fire hazard, degree of health hazard and the material’s reactivity.) CAUTION: Unlabeled drums should always be treated as hazardous. Also, keep in mind that drums could be mislabeled if they were reused.

Inspect the drum for leaks, deterioration, warping, bulging or wetness before moving it. CAUTION: Bulging drums may mean pressure is building inside the drum — and they should not be moved.

Determine how to move the drum from its standing position (using a drum tilting lever, pulling, pushing, or combinations of pulling and pushing).

Establish the best way to move the drum — either with team members, using a pallet, rolling it or pushing it.

Plan your route in advance to see how much room you will need and to check for obstacles in your path.

Wear appropriate gloves when handling large drums to protect yourself.

Develop a plan in case the drum starts to fall, leak or spill. Ensure that the proper emergency and rescue equipment (fire extinguishers, etc.) is operating and close by.

Safe Drinking Water

We all know that it’s important to stay hydrated by drinking water, but knowing what’s in the water we drink is just as pertinent. To be safe, the nonprofit Environmental Working Group (EWG) advises you to:

Drink filtered tap water when you can. Choose a filter certified to remove contaminants found in your water. Learn more at ewg.org/tap-water/getawaterfilter.

Install a whole house water filter to remove possible contaminants. A reverse-osmosis filter is best but can be expensive. A carbon filter (pitcher or tap mounted) is affordable and can reduce many common water contaminants. Important: Change your water filters when recommended.

Use BPA-free or stainless steel water bottles.

Learn what’s in your tap water by reviewing the EWG’s National Tap Water Atlas at ewg.org/tap-water.

Get your water tested if you have well water.

Skin Sense

Summer can be hard on your skin — especially for those who work outdoors. To prevent sun-related skin damage and melanoma, the CDC recommends these basic precautions:

Seek shade when you can.

Apply sunscreen liberally and often (after swimming, sweating, and/or after two hours). Use at least a 30 SPF broad-spectrum, water-resistant sunscreen. Tip: Check the expiration date. Sunscreen typically has a shelf life of no more than three years, which can be shortened if it’s been exposed to high temperatures.

Wear long-sleeved shirts and long pants made from a tightly woven fabric. Darker clothes may also offer more sun protection.

Don a hat and sunglasses.

Learn more at cdc.gov/cancer/skin/basic_info/sun-safety.htm.

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10 DIY Dos & Don’ts

Many of us like to think that we are skilled do-it-yourselfers, but even expert DIYers need to follow the rules of safety. Before you start your next project, be sure to familiarize yourself with these important dos and don’ts:

**DO** wear appropriate protective gear such as safety glasses, work gloves and ear protection.
**DO** inspect your tools for wear, loose parts or damage before use.
**DO** keep your tools maintained and clean.
**DO** check wires with a noncontact voltage tester before touching them. Electric shocks can be fatal.

**DON’T** forget to read and follow all power tool directions before operating them.
**DON’T** attempt to use makeshift scaffolding — that can only result in disaster. Instead, use an appropriate ladder size for the job. If you don’t have one, rent or borrow one.
**DON’T** leave anything — paint buckets or tools — on top of a ladder.
**DON’T** use a nail gun on bump or automatic trigger as it can result in unintended nail discharge. Instead, use full sequential trigger nail guns. **Caution:** Never point a nail gun at anyone.
**DON’T** paint or stain in a poorly ventilated area. Instead, make sure you are outside or near open windows with plenty of ventilation. Always use a respirator with organic vapor cartridges if using spray or oil-based paints.

August is Children’s Eye Health & Safety Month.

**Contact Lens Safety**

If you wear contact lens, set an example for your children with these safe habits:

- Follow the care and cleaning program recommended by your eye care provider.
- Always wash your hands before handling contact lenses.
- Use a contact lens disinfecting solution. Never use water or saliva to clean your lenses.
- Never sleep in your contact lenses.
- Don’t swim, shower or use a hot tub while wearing your contact lenses.
- Wear appropriate eye protection when wearing contact lenses. Contacts are not a substitute for safety glasses or goggles.
- Keep an extra contact lens kit with you in case you need to remove them or clean them when you’re out.
- Remove your contact lenses immediately and call your eye doctor if you experience eye pain, redness or blurred vision.

August 10 to 16 is Safe & Sound Week, an OSHA event that recognizes the successes of workplace safety and health programs and offers information and ideas on safe workplaces. Learn more at osha.gov/safeandsoundweek/.

Staying Cool and Safe: Plastic and Inflatable Pools

When your little ones are looking for a way to stay cool at home, it’s always great to have a child’s pool in your backyard. But just because it’s small doesn’t mean it’s safe. Here are some pool precautions:

**Supervise your child.** Keep your full attention on your child with no distractions, including your cell phone. Consider installing door alarms, too.

**Empty small pools and keep a barrier around a larger inflatable.** Install a fence around larger inflatable pools to prevent entry. **Caution:** Portable pools pose a particular danger because the sides can easily collapse and can cause a child to fall into the water.

**Teach your child to swim.** It’s never too early for them to learn. Have them always wear a personal flotation device in or near the pool, too.

**Prevent bacteria from spreading.** Empty the pool and clean it with a disinfectant after every use. Allow it to dry in the sun for four hours. If a child soils his or her diaper while in the pool, clear the pool and repeat the same procedure. **Note:** According to the CDC, medium and larger inflatable and plastic pools that cannot be emptied daily need to have filters and appropriate disinfection systems that meet the same codes and requirements as full-sized swimming pools. Learn more at cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html.

**Know CPR.** Even the most vigilant parents may have to respond to an emergency.
Manipulación de tambores industriales de gran tamaño

El mover un tambor de gran tamaño de un lugar a otro puede parecer una tarea relativamente simple; sin embargo, existen precauciones de seguridad que es necesario observar de conformidad con las regulaciones de la OSHA y para garantizar una respuesta apropiada en caso de ocurrir un derrame o incendio. Utilice estas pautas y obtenga más información en osha.gov.

Examine la etiqueta del tambor antes de moverlo. (Su clasificación proporciona información sobre el nivel de riesgo de incendio, el grado de riesgo para la salud y la reactividad del material). ADVERTENCIA: Los tambores sin etiquetar siempre deben tratarse como peligrosos. Además, tenga presente que los tambores podrían estar etiquetados incorrectamente si se han reutilizado.

Examine el tambor para detectar fugas, deterioro, deformación, abultamiento o humedad antes de moverlo. ADVERTENCIA: Cuando los tambores están abultados, esto puede significar que la presión dentro del tambor está acumulándose y los tambores no deberían moverse.

Determine cómo mover el tambor de su posición vertical. (Usando una palanca de inclinación para tambores, jalándolo, empujándolo, o con una combinación de jalar y empujar.)

Determine la mejor manera de mover el tambor, ya sea con sus compañeros de equipo, usando una paleta, haciéndolo rodar o empujándolo.

Planifique su ruta con anticipación para ver cuánto espacio necesitará y determine si existen obstáculos en su camino.

Use guantes apropiados cuando maneje tambores de gran tamaño para protegerse.

Desarrolle un plan en caso de que el tambor comience a caerse, gotear o tener un derrame. Asegúrese de que el equipo de emergencia y rescate adecuado (extintores de incendios, etc.) esté cerca y funcionando.

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Agua potable segura

Todos sabemos que es importante mantenerte hidratado tomando agua, pero el saber qué hay en el agua que tomamos es igual de pertinente. Para estar seguro, el Grupo de Trabajo Ambiental (Environmental Working Group — EWG) sin fines de lucro le recomienda:

Beba agua del grifo filtrada cuando le sea posible. Elija un filtro certificado para remover los contaminantes que se encuentran en el agua. Obtenga más información en ewg.org/tap-water/getawaterfilter.

Instale un filtro de agua para toda la casa para remover los posibles contaminantes. Un filtro de ósmosis inversa es el mejor, pero puede ser caro. Un filtro de carbón (jarra o montado en el grifo) es asequible y puede reducir muchos de los contaminantes comunes del agua. Importante: Cambie los filtros de agua cuando se recomiende hacerlo.

Use botellas de agua que no contengan bisfenol A o que estén hechas de acero inoxidable.

Entérese de lo que hay en su agua del grifo consultando el Atlas Nacional de Agua del Grifo de EWG en ewg.org/tap-water.

Haga analizar su agua si usa agua de pozo.

Sentido común para la protección de la piel

El verano puede ser nocivo para la piel, especialmente en el caso de las personas que trabajan al aire libre. Para prevenir el daño a la piel relacionado con el sol y el melanoma, los CDC recomiendan estas precauciones básicas:

Busque la sombra cuando pueda.

Aplíquese protector solar generosamente y con frecuencia (después de nadar, sudar y/o después de 2 horas). Use un protector solar de amplio espectro, resistente al agua, con un factor de protección solar de por lo menos 30 SPF.

Sugerencia: Verifique la fecha de vencimiento.

El protector solar usualmente tiene una vida útil de no más de 3 años, la que puede acortarse si el protector ha estado expuesto a temperaturas altas.

Use camisas de manga larga y pantalones largos hechos de un material de tejido tupido. Las prendas de vestir de colores oscuros pueden también ofrecer más protección del sol.

Póngase un sombrero y gafas de sol.

Obtenga más información en cdc.gov/cancer/skin/basic_info/sun—safety.htm.
10 cosas que uno debe y no debe hacer en el bricolaje

A muchos de nosotros nos gusta pensar que somos competentes en el bricolaje, pero inclusive los expertos en bricolaje necesitan observar las reglas de seguridad. Antes de comenzar su próximo proyecto, no deje de familiarizarse con estos puntos importantes sobre lo que debe y no debe hacer:

**USE** equipo de protección adecuado, como por ejemplo gafas de seguridad, guantes de trabajo y protección para los oídos.

**EXAMINE** sus herramientas para detectar desgaste, piezas sueltas o daño antes de usarlas.

**MANTENGA** sus herramientas limpias y adecuadamente mantenidas.

**EXAMINE** los cables y alambres con un detector de voltaje sin contacto antes de tocarlos. Las descargas eléctricas pueden ser mortales.

**CERCIONÉSE** de poner su escalera de mano sobre una superficie plana y examine los peldaños antes de subir por ellos. Mantenga las escaleras de metal lejos de los cables conductores de electricidad y siempre use tres puntos de contacto mientras esté en una escalera.

**NO** se olvide de leer y seguir todas las instrucciones de las herramientas mecánicas antes de hacerlas funcionar.

**NO** trate de usar andamios improvisados: eso solo puede resultar en un desastre. En su lugar, use un tamaño de escalera apropiado para la tarea. Si no tiene una, alquile o pida una prestada.

**NO** deje nada — cubos de pintura ni herramientas — encima de una escalera.

**NO** use una pistola de clavos con disparador de contacto o disparador automático o de rebote ya que puede resultar en la descarga accidental de un clavo. En su lugar, use pistolas de clavos con disparador secuencial completo.

**Advertencia:** Nunca apunte una pistola de clavos hacia nadie.

**NO** pinte o coloree en un área con mala ventilación. En su lugar, asegúrese de estar al aire libre o cerca de ventanas abiertas con mucha ventilación. Siempre use un respirador con filtro para vapores orgánicos si está usando pinturas en aerosol o con base de aceite.

**Es el Mes de la seguridad y salud de los ojos de los niños.**

**Seguridad con los lentes de contacto**

Si usa lentes de contacto, dé el ejemplo a sus niños con estos hábitos seguros:

- **Observe** el programa de cuidado y limpieza recomendado por su profesional de cuidado de los ojos.
- **Siempre** lévalas las manos antes de manipular lentes de contacto.
- **Use** una solución de desinfección de lentes de contacto. Nunca use agua o saliva para limpiar sus lentes.
- **Nunca** duerma con los lentes de contacto puestos.
- **No** deje nunca ni use una bañera de hidromasaje mientras tenga sus lentes de contacto puestos.
- **Use** protección adecuada para los ojos cuando tenga puestos lentes de contacto. Los lentes de contacto no son un sustituto para las gafas protectoras y las gafas de seguridad.
- **Tenga** un kit de lentes de contacto adicional consigno en caso de que tenga que quitarse sus lentes de contacto o limpiarlos cuando salga.
- **Quítelo** los lentes de contacto inmediatamente o llame a su oftalmólogo si tiene dolor en los ojos, enrojecimiento o visión borrosa.

**Cómo mantenerse fresco y seguro:**

**Piscinas plásticas e inflables**

Cuando sus pequeñines buscan una manera de mantenerse frescos en casa, siempre es bueno tener una piscina para niños en su patio trasero. Pero el hecho de que sea pequeña no significa que sea segura. Éstas son algunas precauciones con las piscinas:

**Supervise a su niño.** Mantenga toda su atención en su niño sin distracciones, incluido su teléfono celular. Considere también instalar alarmas para las puertas.

**Vacíe las piscinas pequeñas y mantenga una barrera alrededor de una piscina inflable más grande.** Instale una cerca alrededor de las piscinas más grandes para evitar el ingreso. **Advertencia:** Las piscinas portátiles representan un peligro particular porque los costados pueden colapsarse fácilmente y hacer que un niño caiga al agua.

**Enséñele a su niño a nadar.** Nunca es demasiado pronto para que aprenda. También haga que siempre use un dispositivo de flotación personal dentro o cerca de la piscina.

**Evite que las bacterias se propaguen.** Vacíe la piscina y límpiela con desinfectante después de cada uso. Deje que se seque al sol por 4 horas. Si un niño ensucia su pañal mientras está en la piscina, límpie la piscina y repita el mismo procedimiento. **Nota:** Según los CDC, las piscinas inflables y de plástico medianas y grandes que no se pueden vaciar diariamente deben tener filtros y sistemas de desinfección adecuados que cumplan con los mismos códigos y requisitos que las piscinas de tamaño normal. Obtenga más información en [cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html](http://cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html).

**Sepa cómo administrar reanimación cardiovascular (RCP).** Incluso los padres más atentos pueden tener que responder a una emergencia.

Del 10 al 16 de agosto se celebra la Semana para estar sano y salvo, un evento de la OSHA que reconoce los éxitos de los programas de seguridad y salud en el lugar de trabajo y ofrece información e ideas sobre lugares de trabajo seguros. Obtenga más información en [osha.gov/safeandsoundweek/](http://osha.gov/safeandsoundweek/).