

School Is Out - Time to Play

With school out and your kids home for the summer, now is the time for summer camps, outdoor play, and long days in the sun!

Some things to keep in mind:

- Always wear sunscreen and reapply frequently! A single bad burn greatly increases the chance of skin cancer later in life.
- Some sleep-away camps require vaccination records; make sure your kids are up to date!
- Your PMR Clinic is able to help with all of your summer maladies, from cuts and bruises to bad allergies.
- Summer is a great time for your kids' annual check up!
- Watch out for ticks, especially after long days spent outside! If the tick has latched on, you may want to consider coming into the clinic for help removing it.
- Remember to wear sunglasses on sunny days to protect your eyes and keep your eyesight from deteriorating.

Have a great summer vacation! And remember, your PMR Clinic is here to help you live your happiest, healthiest life.



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