

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Summer Safety Essentials: Protecting Your Health Under the Sun

As temperatures rise and days grow longer, summer invites us to enjoy beaches, parks and backyard barbeques. While outdoor adventures recharge the spirit, they also bring risks like sunburn, dehydration and insect bites.

Sunscreen: Your First Line of Defense

UV radiation peaks in summer - increasing risks of sunburn, premature aging and skin cancer. Choose a broad-spectrum SPF 30+ sunscreen that protects against both UVA and UVB rays. Apply 15-30 minutes before heading outside and reapply every 2 hours or after swimming or sweating. Don't forget often missed spots like ears, lips and tops of your feet. For sensitive skin, mineral-based options with zinc oxide or titanium dioxide offer gentle protection. Check expiration dates and choose water-resistant formulas for beach days

Stay Hydrated

High temperatures and activity accelerate fluid loss through sweat. Dehydration can cause fatigue, dizziness, headaches and heat exhaustion. Aim for at least 8-10 glasses of water daily, more if active. Carry a reusable bottle and infuse it with lemon, cucumber or berries for flavor. Sports drinks help replenish electrolytes after intense exercise but limit sugary beverages. Children and older adults are especially vulnerable – watch for signs like dry mouth, reduced urine output or confusion.

Bug Spray and Beyond

Mosquitoes and ticks thrive in warm weather, transmitting diseases like West Nile or Lyme. Use EPA-registered insect repellents containing DEET (20-30%), picaridin or oil of lemon eucalyptus. Apply to exposed skin and clothing. Wear light-colored, long-sleeved clothing at dusk and check for ticks after hikes.

Additional Tips

Wear sunglasses and hats for extra UV protection, seek shade during peak sun hours (10am - 4pm) and keep summer first-aid kit stocked with aloe vera, antihistamines and bandages. Stay healthy, team!



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