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Plan for the Unexpected

The ever-changing COVID-19 pandemic presents ongoing uncertainties, reminding us that it's more important than ever to take preventive steps to stay healthy, and to also make plans in case someone gets sick. Read on for key ways to keep healthy, as well as to prepare yourself, your family and your household in advance of illness.

[Find out more >>](#)



Beat the Heat This Summer

As we continue to emerge from stay-at-home orders and modify summer plans to adjust to the new normal, you may be enthusiastic about spending as much time as possible outdoors! Whether you're spending time in your own outside space, planning a trip to the beach, visiting a local park or trail, or simply doing your usual outdoor exercise, the tips in



Tips for Caregivers: Stay Resilient!

Caring for a loved one can be rewarding, but it can also be tough and exhausting, especially if you're adding the recommended precautions required to keep an elderly or otherwise high-risk individual safe and healthy during a pandemic. Read on for tips to help you stay mentally strong, enabling you to give the best care possible.

this article can help you stay hydrated and prevent overheating.

[Read now >>](#)

[Learn how >>](#)



UV Safety Month

Heading out to soak up some sunshine? No matter what the activity, heed the Centers for Disease Control and Protection (CDC)'s advice to protect against harmful UV rays.

[Click here >>](#)



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