

5 Steps to Staying Healthy and Safe This Summer!



NRDC

Natural Resources
Defense Council
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Whether it's the healthy glow of sun-kissed cheeks or a long-awaited holiday, getting on the beach and in the sun is often the first order of summer. But did you know that there are hidden environmental health threats on the sand and in the surf?



From sunscreen to seafood to beach water quality, here's what you need to

know to protect your family's health this summer. And while you are keeping your family safe, NRDC is working to keep environmental pollution off your coasts and out of your water so you can enjoy the best summer has to offer.

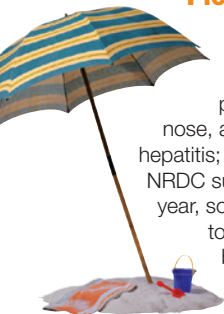
Visit www.youroceans.org for more information!



sand

Pick a beach that is tested regularly for cleanliness

and that notifies you when it is unsafe to go in the water. Swimming at a polluted beach puts you at risk for ear, nose, and eye infections; stomach problems; hepatitis; skin rashes; and respiratory illnesses. NRDC surveys beach water quality data every year, so if you have a minute, visit our website to find out if your favorite beach is a beach bum or a beach buddy.





surf

Just because the waves are blue doesn't mean the water you're wading in is healthy for you (or for marine life!). Experts estimate that 7 million Americans get sick from swimming in or drinking contaminated water every year. Help keep your water clean by taking action online today!


swim

Wait at least 24 hours to swim at the beach after a heavy rainfall—particularly if you have cuts or scratches. Overflowing sewage or contaminated stormwater can run off into our coastal waters after rain, flooding our favorite swimming beaches with dangerous pollution that can cause infections, rashes, fever, chills, and nausea. NRDC is helping homeowners, businesses, and cities design smart solutions to curb stormwater runoff. Learn what you can do to reduce and capture runoff in your area.



sun

Opt for traditional zinc oxide sunscreens that appear white



and avoid sunscreens that boast of nano or micro ingredients. Sunscreens that go on clear often contain “nano” particles of titanium dioxide or zinc oxide that are absorbed more easily by the skin and the body. But no one knows if these nanoparticles are toxic to you or have harmful environmental impacts, and reading the label won't help because manufacturers aren't required to label products that contain nano-particles. NRDC is working to keep these and other harmful chemicals off the market.

seafood

Eat fish and seafood with low levels of mercury.

Tuna and other large predatory fish like swordfish contain levels of mercury that can cause serious health problems, especially for children and pregnant women. If you have a minute, print out NRDC's free wallet guide to mercury in fish to help you make healthier eating choices. You can also estimate your mercury levels with our online calculator and print out sustainable seafood recipes from top chefs.

