

### Tips to Stay Safe and Sustainable This Summer

Summer is a season of sun, adventure, and outdoor activities. While enjoying the warm weather, it's also important to stay safe and consider the environment. Here are some practical tips to help you have a fun, safe, and sustainable summer, with a focus on healthy and sustainable living, and accommodating people with multiple chemical sensitivity (MCS).

#### 1. Hydrate Responsibly

- **Use Reusable Water Bottles:** Stay hydrated by carrying a reusable water bottle. Opt for stainless steel or glass bottles to avoid single-use plastics. This is crucial for healthy and sustainable living.
- **Infuse Water Naturally:** Enhance your hydration with natural flavors by adding slices of fruit or herbs like mint to your water. Avoid sugary, bottled beverages, which can be problematic for those with MCS.

#### 2. Protect Yourself from the Sun

- **Choose Eco-Friendly Sunscreen:** Use sunscreens that are reef-safe and free from harmful chemicals like oxybenzone and octinoxate. These chemicals can damage marine ecosystems and can be irritating for those with MCS.
- **Wear Protective Clothing:** Opt for lightweight, long-sleeved shirts, hats, and sunglasses to protect your skin and eyes from harmful UV rays. This practice supports healthy living by minimizing sun exposure.



### 3. Opt for Sustainable Travel

- **Use Public Transport or Carpool:** Reduce your carbon footprint by using public transportation, biking, or carpooling to your summer destinations. Sustainable living involves reducing emissions and conserving resources.
- **Stay Local:** Explore local attractions and nature spots. Staying close to home can reduce travel emissions and support your local economy, promoting sustainable living.

### 4. Mind Your Water Usage

- **Shorten Showers:** Conserve water by taking shorter showers. Consider installing a water-saving showerhead. Water conservation is a key aspect of sustainable living.
- **Water Plants Wisely:** Water your garden in the early morning or late evening to minimize evaporation. Use a rain barrel to collect and reuse rainwater for your plants.

### 5. Reduce Energy Consumption

- **Use Fans Over AC:** Opt for fans instead of air conditioning whenever possible. If you use AC, keep it at a moderate temperature to save energy. Energy conservation is essential for sustainable living.
- **Unplug Devices:** Unplug electronic devices and chargers when not in use to reduce energy consumption and prevent vampire energy drain.

### 6. Stay Informed and Educate Others

- **Learn About Sustainability:** Stay informed about sustainable practices and environmental issues. Share EHAC - ASEC resources with friends and family to promote healthy living and sustainable living.
- **Get Involved:** Participate in community programs focused on sustainability and conservation. Sign up for webinars and training provided by the EHAC - ASEC.



## **Conclusion**

Staying safe and sustainable this summer doesn't have to be difficult. By making small, conscious choices, you can enjoy all that the season has to offer while also protecting the environment. Embrace these tips and inspire others to join you in creating a healthier, more sustainable world. Enjoy your summer responsibly, practice healthy living, and make a positive impact!