

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

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Enjoy water activities safely this summer

Summer means it's time to get outside and enjoy the weather. For many Albertans, that may mean time at the lake or by a pool or river.

There is always a risk of injury when you're around water or swimming, especially in unmonitored bodies of water. Here are some ways you can prevent water-related injuries and illness:

- Wear a Canadian-approved life jacket or personal flotation device in a boat and make sure it fits.
- Young children should wear life jackets when they are in, on or around the water. Stay right beside your child and be aware of fast-moving water.
- Swim with others when there is no lifeguard present and be cautious in open water such as lakes or rivers.
- Avoid alcohol, cannabis and any other substance that may affect your judgment before and during water activities.

Lakes, rivers and streams may also contain disease-causing microorganisms or parasites that can cause allergic reactions (swimmers' itch). Not all beaches are monitored for biological, chemical, and physical hazards. Check cyanobacteria (blue-green algae) advisories by visiting [Active Health Advisories | Alberta Health Services](#) or look for posted advisory signs at public beaches. Reduce your chance of getting swimmers' itch:

- Dry yourself with a towel as soon as you leave the water.
- Avoid beaches where swimmers' itch is a problem.
- Wash your hands and rinse your body off after swimming or wading in lakes, streams or rivers.
- Don't wade or swim in areas with weeds.



Call Health Link at 811 for more health advice and information 24 hours a day, seven days a week. In case of an emergency, visit your nearest emergency department or call 911.