

# UPTOSPEED

In This Issue:

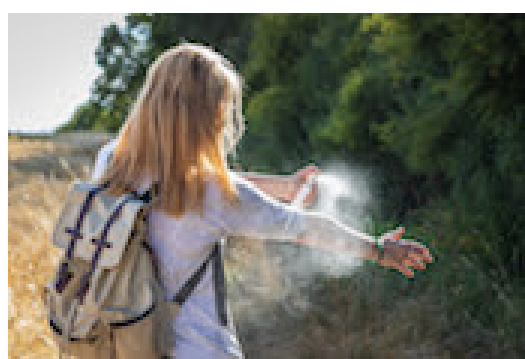
- ◆ UV Health and Safety
- ◆ Mosquito- and Tick-Borne Illnesses
- ◆ Staying Active in the Heat
- ◆ Muscle Strains, Pulls, and Tears



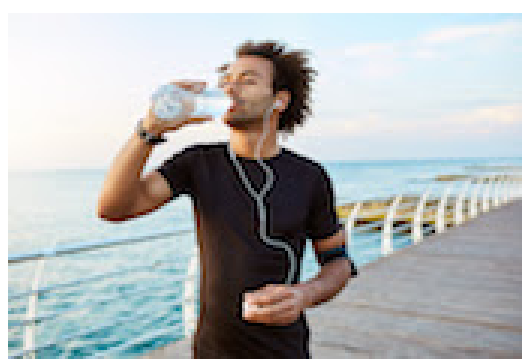
## Facts About Ultraviolet Rays and How to Protect Yourself

After spending so much time indoors during the past year, it probably feels like you've missed out on a lot of sunlight. And as summer kicks off, it's certainly tempting to make up for the lost time by spending extra hours outdoors. But it's important to remember that your skin is just as susceptible now to ultraviolet (UV) radiation as it ever was.

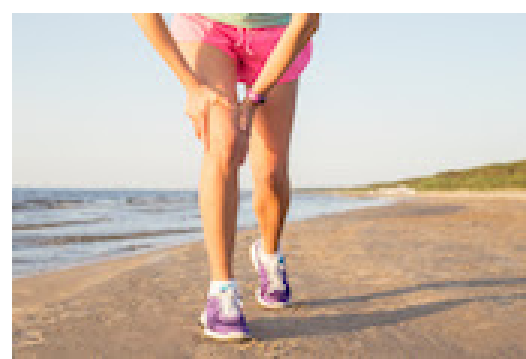
[Learn More](#)



**Mosquito- and Tick-borne Illnesses: What You Need to Know**



**How to Stay Active in the Summer Months**



**Strains, Pulls, and Tears: Preventing Summertime Injuries**

**Need a doctor? Just walk in.**

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