

## Healthy Tips for Continued Summer Fun!

There are many ways we can enjoy summer. It may be a vacation, spending time with family at home, playing summer sports or just being active outdoors. Whatever the activity, it is important to remember to take safety measures. Here are a few tips from your care team.

- Drink plenty of water. Make it interesting with fruit slices or mint leaves. Avoid sugary drinks.
- Sunlight is good, but too much sun is not good for you. Stay cool and wear loose, light colored clothing. If you are going to be outdoors, wear sunscreen and protective clothing, hats and sunglasses.
- Swimming, fishing and water sports are fun. Teach your kids how to swim. Don't go on a boat without a life vest. Learn more about water safety.
- Keep bad bugs away! Not all bugs are bad, but some are. Mosquitoes, ticks, black widow spiders are just some bad bugs to avoid. Make your home and yard clean and unfriendly to these bugs. Wear insect repellent if you need to be outdoors. Check yourself and your family for ticks frequently when spending time outdoors, especially when hiking.
- Go out and play! But wear protective gear like helmets and elbow/knee pads when needed. Watch over young children playing in jungle gyms or other play structures. Prevent fall injuries.
- Enjoy summer barbeques. Eat healthy and handle food safely, washing hands frequently before and after touching food. Keep bugs away from food.

**Have a fun and safe summer!**

## Want to get your health information quickly? There's an app for that!

You can now use your computer, tablet or smartphone to get personal medical information or communicate with your care team. San Joaquin County Clinics (SJCC) offers you this through a **Patient Portal**. Patients of San Joaquin General Hospital can use this too even if their Primary Care Provider is not with SJCC. This internet-based app can be found on [www.sjclinics.org](http://www.sjclinics.org) or [www.sanjoaquingeneral.org](http://www.sanjoaquingeneral.org). You can also download HealthLife from any app store (Apple or Android).

### What you can use it for:

- Review your lab results
- Request for medication refills
- Communicate with your care team
- Review appointments
- View your visit summary
- Download educational materials
- Pay your medical bills with SJCC or SJGH

### Here's how you get started:

- Call 468-6820 and ask them to send you an invitation to the Patient Portal.
- At your next clinic visit, ask the Registration Clerk to help you set up an account.
- Talk to a patient navigator or a member of the Transitions of Care team.

## Get a COVID-19 Vaccine as Soon as You Can!



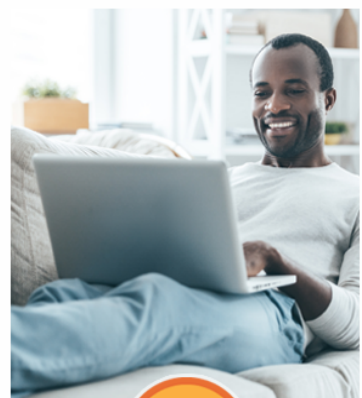
*Everyone 12 years of age and older is now eligible*

San Joaquin County Clinic patients can call (209) 468-6820 to make appointments at the French Camp Clinics and walk-ins are available at the Family Medicine Clinic.

Appointments available for those 12 years and older at SJ County Children's Health Services (CHS).

Also, expectant and breastfeeding mothers' vaccine appointments through our Healthy Beginnings Clinics at California Street and French Camp.

## Sign Up Now!



Enjoy the Benefits of  
**PATIENT PORTAL ACCESS**

for Hospital & Clinic Patients