**Wellness Articles**

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

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](https://www.albertahealthservices.ca/news/Page9966.aspx)

**Proposed publication date:** Aug. 14, 2023

**Content provided by:** Alberta Health Services

​​​​​

# 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](https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/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](https://www.albertahealthservices.ca/news/Page1926.aspx) 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](https://www.albertahealthservices.ca/findhealth/service.aspx?id=6915) or call 911.