



Welcome to the Be Healthy QC Newsletter!

Heading outside? Stay safe!

Summer is in full swing, and it's getting hot out there! Whether you are gardening, swimming, playing sports or taking on the local trails, make sure you stay cool and hydrated. Check out these resources from the CDC, as well as the video on staying safe this summer.

- [Stay Cool. Stay Hydrated. Stay Informed.](#)
- [Heat and the Elderly](#)
- [Heat and Children/Infants](#)
- [Heat and Low Income](#)
- [Heat and Outdoor Workers](#)
- [Heat and Athletes](#)
- [How to Stay Cool - Video](#)



Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment here!

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please contact us at quadcityhealthinitiative@gmail.com to request an assessment!

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Quad City Health Initiative
563-421-2826
evansrachel@genesishealth.com
<http://www.qchealthinitiative.org>

Join Our
Mailing List



*Made possible with funding from the Centers
for Disease Control and Prevention*

Quad City Health Initiative, Davenport Medical Center (West Campus),
Central Park Medical Pavilion 2, Suite 3100,
1401 West Central Park Avenue, Davenport, IA 52803

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