Wellness Tourism
By Elizabeth Smoots, MD

Wellness tourism is travel for promoting health and well-being. You can focus on physical, psychological or spiritual activities involving nutrition, fitness, stress reduction, spiritual awakening, or a combination of these. The goal of wellness tourism is to turn travel into an opportunity to holistically improve or maintain health.

How does it differ from medical tourism? Medical tourism involves travel to receive medical treatment in a different country or state. For example, surgery or dental care may be scheduled somewhere else because it is less expensive, better quality or unavailable at home. In contrast, wellness tourism consists of trips centered on health and wellness, disease prevention, healthy lifestyle choices and ways to enhance our well-being.

Wellness tourism had gross revenues reaching $720 billion in 2019. Driving this trend is an epidemic of chronic disease and many Americans’ desire for better health. The Global Wellness Institute says wellness travelers consist of two main groups: 1) those whose main motivation for picking a destination is wellness and 2) travelers who participate in wellness activities to maintain their health while taking business or leisure trips. The Institute ranks the U.S. as the top wellness economy in the world and No. 1 in almost every category of access to wellness activities.

Any type of travel has risks, such as weather, sanitation, foodborne illness and infectious disease. Consult with a health care provider about vaccines, food and water sources and other recommendations, especially before traveling outside the U.S. Also ask your host destination what steps they take to reduce the environmental impact and habitat destruction of the programs they offer.

The Smart Moves Toolkit, including this issue’s printable download, Get in the Swim, is at personalbest.com/extras/24V6tools.
Pleasures of Pickleball

It’s a sport with a funny name, but pickleball is no joke. Pickleball is the nation’s fastest-growing sport and no wonder. It’s easy to learn and great exercise for body and mind at any age and skill level.

So what is pickleball? You serve a soft, light plastic ball underhand with a solid paddle over a net to your opponent. Unlike tennis and other racket sports, this aerobic exercise has a shorter learning curve. It’s great for building lower and upper body muscles, as well as those in the core.

And with outdoor and indoor pickleball courts available nationwide, it’s easy to find a place to play, whether it’s a fitness facility or a public park. Pickleball courts are 44 feet by 20 feet, making them smaller than tennis courts. The smaller court makes it easier to keep the ball in play longer than in tennis. The game is played to 11 points, and two to four steps are enough to get a point. While pickleball is a slower sport than tennis, it packs plenty of heart-pumping activity. It improves hand and eye coordination, too.

Pickleball is a lower-impact sport, which means less stress on your ankles, hips and knees. If you have a joint condition, such as arthritis, ask your health care provider about pickleball. To reduce risk of injury, always warm up — a five-minute walk is good — followed by stretching before you hit the court. Stretch after playing while your muscles are still warm.

Did you know? Pickleball was invented on Bainbridge Island, near Seattle, in 1965. The name comes from rowing, in which the slowest boat is the pickle boat.

Strategies for Hot Weather

It’s official: 2023 was Earth’s hottest year since global records began in 1850, according to the National Oceanic and Atmospheric Administration. It was marked by extreme heat events, which led to illness, hospitalizations and deaths.

The definition of extreme heat depends on where you live. An example from the CDC: In Boston, 92˚F in May is extreme heat. But in Phoenix, the temperature has to rise above 100˚F to be called extreme. Even northern regions, such as the Pacific Northwest, can experience heat waves. For example, in June 2021, normally mild Seattle baked at 107˚F. On average, emergency rooms nationwide see more than 65,000 people annually for acute (short-term) heat illness.

Extreme heat also aggravates chronic conditions — heart disease, respiratory disease (asthma, COPD), diabetes. Overweight people, those with certain health or mobility conditions, the ill and the elderly are also at higher risk for heat-related ailments. So are people who take certain medications.

Here’s how to keep your cool when the temperature rises:

If you have air conditioning, use it. Replace outdated or inefficient models before you need them. Air conditioners and other cooling devices sell out quickly when the heat hits. Follow manufacturer’s instructions for installation and maintenance. Keep all windows closed for best performance.

Electric fans are a tried-and-true cooling method if you can’t afford air conditioning. Check them in the spring to make sure they’re working. Fans provide relief whether they’re ceiling, tower, tabletop or personal models.

Seek out cooling shelters and other air-conditioned public areas, such as libraries, shopping malls, movie theaters and libraries, when you need to beat the heat. Stay indoors during the day as much as you can. Schedule outdoor activities to avoid times when the sun is most intense (10 a.m. to 4 p.m.).

Check on your neighbors, especially if they are house-bound or unwell. The elderly and those with limited mobility are especially vulnerable to heat illness and even death if they don’t have air conditioning or other ways of staying cool.

Subscribe to local heat alert systems and monitor the weather. Remember that humidity matters, too. During high humidity, water takes longer to evaporate, so it’s harder for you to cool down by sweating.

If you must work outdoors, save your most intense activities for early morning if possible. Drink plenty of water or electrolyte-replacing fluids before you are thirsty. If it’s very hot, drink every 15 minutes. Wear lightweight, light-colored and loose clothing, and a wide-brimmed hat. Wear sunglasses that have UV protection. Take frequent breaks in shade or air conditioning.

Note: Some communities in Canada and internationally are developing heat alert and response systems (HARS) to prepare for extreme heat events. Check to see if your community has a plan in place.
MILK: Not Just From Cows

By Cara Rosenbloom, RD

Americans have been gradually passing up cow milk in favor of plant-based milk alternatives. In 2023, non-dairy milks accounted for $3.6 billion in the U.S., with almond milk being the most popular.

There are many reasons why you might prefer non-dairy milk. You may opt for dairy-free beverages if you have lactose intolerance (though you can get lactose-free cow’s milk), or a milk allergy, follow a vegan diet or want to avoid products made from cows given antibiotics and hormones.

Here’s what to know when you peruse the dairy aisle:

The key to choosing a good milk alternative is an option that is high in protein and low in sugar. Cow’s milk has 8 grams of protein per cup, but some plant-based milks have just 1 gram of protein. Soy milk is the only alternative naturally high in protein — with about 8 grams per cup, it’s just like cow’s milk (almond and hemp milk have less than 1 gram). Some oat and almond milks are now enriched with pea protein to bump up the total protein content.

Check for added sugars. Many plant-based milks have added sugars, especially if they are vanilla- or chocolate-flavored. Choose unsweetened beverages more often.

Keep in mind that while dairy products are naturally rich in calcium, alternative milks must be enriched with calcium to meet the levels in cow’s milk. Choose an alternative that is fortified with calcium and other nutrients, such as vitamin D and B12. You may notice that your beverage carton has instructions to “shake well before serving.” This is an important step, since the fortified vitamins and minerals tend to sink to the bottom of the container. Shake it up to ensure you get more nutrients in every cup.

What about allergies? If you have nut allergies, avoid beverages made from nuts, such as almond, cashew, hazelnut and macadamia. Pass on soy- and flax-based milks if you’re allergic to either.

Post-traumatic symptoms often resolve on their own in many cases. However, if you believe you have PTSD and are not improving, consider seeking help from your health care provider or a mental health professional. — Eric Endlich, PhD

Summer Corn Salad

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets
1 cup chopped cucumber
1 cup diced tomato
¼ cup diced red onion
¼ cup chpped fresh parsley or basil
3 tbsp extra-virgin olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
¼ cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.

Makes 6 servings. Per serving: 170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar (0g added sugar) | 3g fiber | 98mg sodium

Summer Corn Salad

Americans have been gradually passing up cow milk in favor of plant-based milk alternatives. In 2023, non-dairy milks accounted for $3.6 billion in the U.S., with almond milk being the most popular.

There are many reasons why you might prefer non-dairy milk. You may opt for dairy-free beverages if you have lactose intolerance (though you can get lactose-free cow’s milk), or a milk allergy, follow a vegan diet or want to avoid products made from cows given antibiotics and hormones.

Here’s what to know when you peruse the dairy aisle:

The key to choosing a good milk alternative is an option that is high in protein and low in sugar. Cow’s milk has 8 grams of protein per cup, but some plant-based milks have just 1 gram of protein. Soy milk is the only alternative naturally high in protein — with about 8 grams per cup, it’s just like cow’s milk (almond and hemp milk have less than 1 gram). Some oat and almond milks are now enriched with pea protein to bump up the total protein content.

Check for added sugars. Many plant-based milks have added sugars, especially if they are vanilla- or chocolate-flavored. Choose unsweetened beverages more often.

Keep in mind that while dairy products are naturally rich in calcium, alternative milks must be enriched with calcium to meet the levels in cow’s milk. Choose an alternative that is fortified with calcium and other nutrients, such as vitamin D and B12. You may notice that your beverage carton has instructions to “shake well before serving.” This is an important step, since the fortified vitamins and minerals tend to sink to the bottom of the container. Shake it up to ensure you get more nutrients in every cup.

What about allergies? If you have nut allergies, avoid beverages made from nuts, such as almond, cashew, hazelnut and macadamia. Pass on soy- and flax-based milks if you’re allergic to either.

Post-traumatic symptoms often resolve on their own in many cases. However, if you believe you have PTSD and are not improving, consider seeking help from your health care provider or a mental health professional. — Eric Endlich, PhD

Summer Corn Salad

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets
1 cup chopped cucumber
1 cup diced tomato
¼ cup diced red onion
¼ cup chpped fresh parsley or basil
3 tbsp extra-virgin olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
¼ cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.

Makes 6 servings. Per serving: 170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar (0g added sugar) | 3g fiber | 98mg sodium
As events in recent years have shown, wildfire smoke can affect you even if you live hundreds of miles downwind from the point of origin. The smoke from some past fires was so thick it obscured landmarks, such as the Statue of Liberty. Smoke can linger for days, even after the wildfires have ended.

Smoke from wildfires is potentially hazardous for everyone. Struggling to breathe, coughing and wheezing can occur in healthy adults. People with certain health conditions, such as asthma, heart ailments and COPD, are especially vulnerable. Pregnant people are at higher risk, too. So are children, because their respiratory systems are still developing, and they breathe in more air relative to their body weight than adults do.

Whether you live in a wildfire-prone area or downwind from one, there are steps you can take to reduce your exposure to smoke:

1. **Keep informed.** Check air quality at [airnow.gov](http://airnow.gov) and monitor news for weather information.
2. **Stay indoors as much as possible** during a fire or smoky conditions. Protect indoor air by not frying, grilling, burning or smoking. Keep windows shut. If you can, equip one room (clean room) with an air purifier that has a HEPA filter. Set your air conditioner to recirculate, and close the fresh air intake. Do not use swamp coolers. Shut dampers. Do not vacuum. In cars, run the air conditioner set to recirculate with windows closed.
3. **If you must go out when air quality is low, wear a securely fitting N95, KN95 or P100 respirator.** The number is the percentage of particles the mask filters out. These respirators work much better than bandanas and wet cloths, or dust and surgical masks.
4. **Talk to your health care provider if you have a chronic condition aggravated by smoke.** Create a plan to manage your health during times of poor air quality. Make sure you have plenty of medications and any medical devices if you can’t go out or have to evacuate.
Summer Corn Salad

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets
1 cup chopped cucumber
1 cup diced tomato
¼ cup diced red onion

¼ cup chopped fresh parsley or basil
3 tbsp extra-virgin olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
¼ cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley. In a small container with a lid, add oil, vinegar and mustard. Shake well, then add dressing to vegetables, and toss to coat. Top with feta cheese and serve.

Makes 6 servings. Per serving: 170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar (0g added sugar) | 3g fiber | 98mg sodium

RAW TEXT

Americans have been gradually passing up cow milk in favor of plant-based milk alternatives. In 2023, non-dairy milks accounted for $3.6 billion in the U.S., with almond milk being the most popular.

There are many reasons why you might prefer non-dairy milk. You may opt for dairy-free beverages if you have lactose intolerance (though you can get lactose-free cow’s milk), or a milk allergy, follow a vegan diet or want to avoid products made from cows given antibiotics and hormones.

Here’s what to know when you peruse the dairy aisle:

The key to choosing a good milk alternative is an option that is high in protein and low in sugar. Cow’s milk has 8 grams of protein per cup, but some plant-based milks have just 1 gram of protein. Soy milk is the only alternative naturally high in protein — with about 8 grams per cup, it’s just like cow’s milk (almond and hemp milk have less than 1 gram). Some oat and almond milks are now enriched with pea protein to bump up the total protein content.

Check for added sugars. Many plant-based milks have added sugars, especially if they are vanilla- or chocolate-flavored. Choose unsweetened beverages more often.

Keep in mind that while dairy products are naturally rich in calcium, alternative milks must be enriched with calcium to meet the levels in cow’s milk. Choose an alternative that is fortified with calcium and other nutrients, such as vitamin D and B12. You may notice that your beverage carton has instructions to “shake well before serving.” This is an important step, since the fortified vitamins and minerals tend to sink to the bottom of the container. Shake it up to ensure you get more nutrients in every cup.

What about allergies? If you have nut allergies, avoid beverages made from nuts, such as almond, cashew, hazelnut and macadamia. Pass on soy- and flax-based milks if you’re allergic to either.

Raw Milk

Raw milk is one of the most dangerous foods to consume, according to the CDC. Even people in excellent health can become seriously ill from drinking raw milk and eating raw milk products, such as ice cream and soft cheese. Why? Raw milk isn’t pasteurized. Pasteurization kills dangerous germs with heat. Scientific research hasn’t revealed any evidence that raw milk has nutritional benefits. Raw milk from organic (grass-fed) animals is just as harmful as that made from grain-fed livestock. Raw milk from dairies labeled organic, certified and local is no guarantee of safety. Pasteurization is one food manufacturing process that’s safe and beneficial for your health.

by Cara Rosenbloom, RD
Wellness tourism is travel for promoting health and well-being. You can focus on physical, psychological or spiritual activities involving nutrition, fitness, stress reduction, spiritual awakening, or a combination of these. The goal of wellness tourism is to turn travel into an opportunity to holistically improve or maintain health.

How does it differ from medical tourism? Medical tourism involves travel to receive medical treatment in a different country or state. For example, surgery or dental care may be scheduled somewhere else because it is less expensive, better quality or unavailable at home. In contrast, wellness tourism consists of trips centered on health and wellness, disease prevention, healthy lifestyle choices and ways to enhance our well-being.

Wellness tourism had gross revenues reaching $720 billion in 2019. Driving this trend is an epidemic of chronic disease and many Americans’ desire for better health. The Global Wellness Institute says wellness travelers consist of two main groups: those whose main motivation for picking a destination is wellness and travelers who participate in wellness activities to maintain their health while taking business or leisure trips. The Institute ranks the U.S. as the top wellness economy in the world and No. 1 in almost every category of access to wellness activities.

Americans have been gradually passing up cow milk in favor of plant-based milk alternatives. In 2023, non-dairy milks accounted for $3.6 billion in the U.S., with almond milk being the most popular.

There are many reasons why you might prefer non-dairy milk. You may opt for dairy-free beverages if you have lactose intolerance (though you can get lactose-free cow’s milk), or a milk allergy, follow a vegan diet or want to avoid products made from cows given antibiotics and hormones.

Here’s what to know when you peruse the dairy aisle:

The key to choosing a good milk alternative is an option that is high in protein and low in sugar. Cow’s milk has 8 grams of protein per cup, but some plant-based milks have just 1 gram of protein. Soy milk is the only alternative naturally high in protein — with about 8 grams per cup, it’s just like cow’s milk (almond and hemp milk have less than 1 gram). Some oat and almond milks are now enriched with pea protein to bump up the total protein content.

Check for added sugars. Many plant-based milks have added sugars, especially if they are vanilla- or chocolate-flavored. Choose unsweetened beverages more often.

Keep in mind that while dairy products are naturally rich in calcium, alternative milks must be enriched with calcium to meet the levels in cow’s milk. Choose an alternative that is fortified with calcium and other nutrients, such as vitamin D and B₁₂. You may notice that your beverage carton has instructions to “shake well before serving.” This is an important step, since the fortified vitamins and minerals tend to sink to the bottom of the container. Shake it up to ensure you get more nutrients in every cup.

What about allergies? If you have nut allergies, avoid beverages made from nuts, such as almond, cashew, hazelnut and macadamia. Pass on soy- and flax-based milks if you’re allergic to either.
Keys to managing burnout include:

• Identifying the signs early. Know when you’re reaching your limit.
• Finding a good listener. Whether via a loved one or support group, feeling heard can be very comforting.
• Avoiding excessive negativity. Read positive news stories and seek out upbeat people.
• Maintaining perspective. There’s more to life than your stress triggers.
• Taking breaks. Step away from energy-sappers so you can recharge.
• Engaging in meaningful activities. What makes you feel fulfilled?
• Considering your options. Can you decline or delegate some tasks?
• Relaxing. Try yoga, a nature walk or soothing music.
• Sleeping. This is essential.
• Exercising. When your energy is low, this can be challenging but also rejuvenating.
• Developing a long-term plan. Select your top priorities, and keep them front and center.

Some signs of burnout are:

• Impatience or irritability.
• Headaches, stomachaches or other pain with no known cause.
• Sleep changes.
• Difficulty focusing.
• Lack of satisfaction from usual activities.
• Feeling unappreciated or trapped.
• Coping through alcohol, drugs or food.
• A generally negative attitude.

The COVID-19 pandemic has not only worsened the physical health of countless individuals, but has also impacted mental health conditions, such as post-traumatic stress disorder (PTSD). PTSD can occur after a dangerous or frightening experience, leading to symptoms including:

• Flashbacks or nightmares of the traumatic event.
• Avoidance of reminders of the trauma.
• Mood disturbance.
• Wariness or difficulty sleeping.

COVID-19 may cause or worsen PTSD because of:

• Feeling unsafe. The potential threat of infection often raises anxiety levels.
• Breathing restrictions. The sensation of breathing through a mask, or difficulty breathing during a COVID infection, can trigger anxiety or trauma memories.
• Reduced coping strategies. Social distancing and reduced social contact may limit key sources of comfort for some people.

Post-traumatic symptoms often resolve on their own in many cases. However, if you believe you have PTSD and are not improving, consider seeking help from your health care provider or a mental health professional.

— Eric Endlich, PhD

Pleasures of Pickleball

It’s a sport with a funny name, but pickleball is no joke. Pickleball is the nation’s fastest-growing sport and no wonder. It’s easy to learn and great exercise for body and mind at any age and skill level.

So what is pickleball? You serve a soft, light plastic ball underhand with a solid paddle over a net to your opponent. Unlike tennis and other racket sports, this aerobic exercise has a shorter learning curve. It’s great for building lower and upper body muscles, as well as those in the core.

And with outdoor and indoor pickleball courts available nationwide, it’s easy to find a place to play, whether it’s a fitness facility or a public park. Pickleball courts are 44 by 20 feet, making them smaller than tennis courts. The smaller court makes it easier to keep the ball in play longer than in tennis. The game is played to 11 points, and two to four steps are enough to get a point. While pickleball is a slower sport than tennis, it packs plenty of heart-pumping activity. It improves hand and eye coordination, too.

Pickleball is a lower-impact sport, which means less stress on your ankles, hips and knees. If you have a joint condition, such as arthritis, ask your health care provider about pickleball. To reduce risk of injury, always warm up — a five-minute walk is good — followed by stretching before you hit the court. Stretch after playing while your muscles are still warm.

Did you know? Pickleball was invented on Bainbridge Island, near Seattle, in 1965. The name comes from rowing, in which the slowest boat is the pickle boat.
Grilled Chicken Skewers with Peanut Dipping Sauce

Ingredients:

- 1½ lbs. boneless, skinless chicken breast cut into 1-inch cubes
- ½ tsp salt
- ¼ tsp garlic powder
- 1 tbsp extra-virgin olive oil

Sauce ingredients:

- ¼ cup peanut butter
- 1 tbsp sodium-reduced soy sauce
- 1 tbsp balsamic vinegar
- 1 lime, juiced
- 1 tbsp toasted sesame oil

Method:

Preheat grill to medium. Toss chicken with salt, garlic and oil. Mix well and refrigerate for 20 minutes. Thread chicken onto skewers, and grill 10-15 minutes, turning every few minutes, or until chicken reaches an internal temperature of 165°F. Whisk together sauce ingredients; thin it with water to reach desired consistency. Brush some peanut sauce over grilled chicken and serve remaining sauce for dipping.

Makes 4 servings. Per serving:

- 288 calories
- 33g protein
- 15g total fat
- 3g saturated fat
- 6g mono fat
- 5g poly fat
- 6g carbohydrate
- 2g sugar
- 1g fiber
- 477mg sodium
MAKE A GREAT PLATE.
Start the day with flavors inspired by the islands.

Tropical Breakfast Bowl

INGREDIENTS
½ cup cottage cheese
¼ cup canned pineapple tidbits, drained
1 tbsp shredded coconut
¼ cup sliced banana or kiwi
1 tbsp toasted slivered almonds

DIRECTIONS

Add cottage cheese to bowl. Top with pineapple, coconut, banana and almonds. Stir and enjoy. Alternatively, replace pineapple, coconut and banana with ½ cup fresh berries, or ½ cup diced apple and ¼ tsp cinnamon.

Makes 1 servings. Per serving: 180 calories | 10g protein | 7g total fat | 3g saturated fat | 2g mono fat | 1g poly fat | 21g carbohydrate | 11g sugar | 3g fiber | 244mg sodium
Turismo de bienestar
Por Elizabeth Smoots, MD

El turismo de bienestar es un viaje para promover la salud y el bienestar. Usted puede enfocarse en actividades físicas, psicológicas o espirituales que involucren nutrición, condición física, reducción del estrés, despertar espiritual, o una combinación de estos. El objetivo del turismo de bienestar es convertir los viajes en una oportunidad para mejorar o mantener la salud de manera holística.

¿En qué se diferencia del turismo médico? El turismo médico implica viajar para recibir tratamiento médico en un país o estado diferente. Por ejemplo, la cirugía o el cuidado dental pueden programarse en otro lugar porque es menos costoso, de mejor calidad o no está disponible en casa. Por el contrario, el turismo de bienestar consiste en viajes concentrados en la salud y el bienestar, la prevención de enfermedades, opciones de estilo de vida saludable y formas de mejorar nuestro bienestar.

El turismo de bienestar tuvo ingresos brutos que alcanzaron los 720 mil millones de dólares en el año 2019. Lo que impulsa esta tendencia es una epidemia de enfermedades crónicas y el deseo de muchos estadounidenses de tener una mejor salud. El Global Wellness Institute dice que los viajeros de bienestar consisten en dos grupos principales: aquellos cuya principal motivación para elegir un destino es el bienestar y los viajeros que participan en actividades de bienestar para mantener su salud mientras realizan viajes de negocios o de placer. El Instituto clasifica a los Estados Unidos como la economía de bienestar más importante del mundo, y el número 1 en casi todas las categorías de acceso a actividades de bienestar.

Cualquier tipo de viaje tiene riesgos, como el clima, el saneamiento, las enfermedades transmitidas por los alimentos y las enfermedades infecciosas. Consulte con un profesional médico sobre vacunas, fuentes de alimentos y agua y otras recomendaciones, especialmente antes de viajar fuera de los EE.UU. También pregunte a su destino anfitrión qué medidas toman para reducir el impacto ambiental y la destrucción del hábitat causada por los programas que ofrecen.

LECHE: No solo de las vacas
Por Cara Rosenbloom, RD

Los estadounidenses han estado abandonando gradualmente la leche de vaca en favor de alternativas de leche de origen vegetal. En 2023, las leches no lácteas representaron 3.6 mil millones de dólares en los Estados Unidos, siendo la leche de almendras la más popular.

Hay muchas razones por las que uno podría preferir la leche no láctea. Uno puede optar por bebidas sin contenido lácteo si tiene intolerancia a la lactosa (aunque puede obtener leche de vaca sin lactosa), una alergia a la leche, sigue una dieta vegana o quiere evitar los productos provenientes de vacas que reciben antibióticos y hormonas.

Esto es lo que debe saber cuando examine el pasillo de productos lácteos:

La clave para elegir una buena alternativa a la leche es una opción alta en proteínas y baja en azúcar. La leche de vaca tiene 8 gramos de proteína por taza, pero algunas leches de origen vegetal tienen solo 1 gramo de proteína. La leche de soja es la única alternativa naturalmente rica en proteína; con unos 8 gramos por taza es igual que la leche de vaca (la leche de almendras y cáñamo tienen menos de 1 gramo). Algunas leches de avena y almendras ahora están enriquecidas con proteína de guisantes para aumentar el contenido total de proteínas.

Compruebe si hay azúcares añadidos. Muchas leches de origen vegetal tienen azúcares añadidos, especialmente si tienen sabor a vainilla o chocolate. Elija bebidas sin azúcar con más frecuencia.

Tenga en cuenta que si bien los productos lácteos son naturalmente ricos en calcio, las bebidas alternativas deben estar enriquecidas con calcio para alcanzar los niveles en la leche de vaca. Elija una alternativa que esté fortificada con calcio y otros nutrientes, como vitaminas D y B12. Puede notar que el cartón de su bebida tiene instrucciones de “agitar bien antes de servir”. Este es un paso importante, ya que las vitaminas y minerales fortificados tienden a hundirse al fondo del recipiente. Agítelo para asegurarse de obtener más nutrientes en cada taza.

Y qué hay de las alergias? Si tiene alergias a las nueces, evite las bebidas hechas de nueces, como almendras, anacardos, avellanas y macademia. Evite las leches a base de soja y linaza si es alérgico a cualquiera de las dos.
Superando el agotamiento

Por Eric Endlich, PhD

El estrés prolongado puede conducir al agotamiento, un estado de cansancio físico y emocional intenso. Cuando las exigencias son demasiado grandes, uno puede perder el interés y la motivación. Es importante abordar esta condición antes de que provoque problemas de salud.

Algunos signos de agotamiento son:
• Impaciencia o irritabilidad.
• Dolores de cabeza, dolores de estómago u otros dolores sin causa conocida.
• Cambios en el sueño.
• Dificultad para concentrarse.
• Falta de satisfacción con las actividades habituales.
• Sentirse no apreciado o atrapado.
• Sobrellevar la situación a través del alcohol, las drogas o la comida.
• Una actitud generalmente negativa.

Las claves para controlar el agotamiento incluyen:
• Identificar las señales temprano. Saber cuándo está llegando a su límite.
• Encontrar a alguien que lo escuche. Ya sea por un ser querido o un grupo de apoyo, sentirse escuchado puede ser muy reconfortante.
• Evitar la negatividad excesiva. Leer noticias positivas y buscar personas optimistas.
• Mantener la perspectiva. Hay más en la vida que los desencadenantes del estrés.
• Tómese descansos. Alejarse de las “robasenergía” para poder recargarse.
• Participar en actividades significativas. ¿Qué lo hace sentirse realizado?
• Considere sus opciones. ¿Puede rechazar o delegar algunas tareas?
• Relajarse. Pruebe yoga, un paseo por la naturaleza o música relajante.
• Dormir. Esto es esencial.

El estrés prolongado puede conducir al agotamiento, un estado de cansancio físico y emocional intenso. Cuando las exigencias son demasiado grandes, uno puede perder el interés y la motivación. Es importante abordar esta condición antes de que provoque problemas de salud.

Placeres del pickleball

Es un deporte con un nombre gracioso, pero el pickleball no es una broma. El pickleball es el deporte de más rápido crecimiento de la nación y no es de extrañar. Es fácil de aprender y un gran ejercicio para el cuerpo y la mente a cualquier edad y nivel de habilidad.

Entonces, ¿qué es el pickleball? Uno sirve a su oponente una bola de plástico suave y ligera por debajo con una paleta sólida sobre una red. A diferencia del tenis y otros deportes de raqueta, este ejercicio aeróbico tiene una curva de aprendizaje más corta. Es ideal para el desarrollo de los músculos inferiores y superiores del cuerpo, así como los de la parte central del cuerpo.

Y con canchas de pickleball al aire libre y en interiores disponibles en todo el país, es fácil encontrar un lugar para jugar, ya sea un gimnasio o un parque público. Las canchas de pickleball son de 44 por 20 pies, lo que las hace más pequeñas que las canchas de tenis. La cancha más pequeña hace que sea más fácil mantener la pelota en juego más tiempo que en el tenis. El juego se juega a 11 puntos, y dos a cuatro pasos son suficientes para obtener un punto. Si bien el pickleball es un deporte más lento que el tenis, contiene mucha actividad que hace trabajar bien al corazón. También mejora la coordinación de manos y ojos.

El pickleball es un deporte de menor impacto, lo que significa menos estrés en los tobillos, caderas y rodillas. Si usted tiene alguna afección articular, como artritis, pregúntele a su profesional médico sobre el pickleball. Para reducir el riesgo de lesiones, siempre caliéntese —una caminata de cinco minutos es buena— seguido de estiramientos antes de llegar a la cancha. Estírese después de jugar mientras sus músculos todavía están calientes.

¿Sabía usted? El pickleball fue inventado en Bainbridge Island, cerca de Seattle, en el año 1965. El nombre proviene del remo, en el que el bote más lento es el bote “pickle”.

P: ¿Hay una conexión entre trastorno de estrés postraumático y COVID-19?

R: La pandemia de COVID-19 no solo ha empeorado la salud física de innumerables personas, sino que también ha afectado las condiciones de salud mental, como el trastorno de estrés postraumático (TEPT). El TEPT puede ocurrir después de una experiencia peligrosa o aterradora, lo que lleva a síntomas que incluyen:
• Flashbacks o pesadillas del evento traumático.
• Evitar los recordatorios del trauma.
• Alteración del estado de ánimo.
• Recelo o dificultad para dormir.

El COVID-19 puede causar o empeorar el trastorno de estrés postraumático debido a:
• Que uno se siente poco seguro. La posible amenaza de infección a menudo aumenta los niveles de ansiedad.
• Restricciones respiratorias. La sensación de respirar a través de una máscara, o la dificultad para respirar durante una infección por COVID, puede desencadenar ansiedad o recuerdos traumáticos.
• Reducción de las estrategias de afrontamiento. El distanciamiento social y la disminución del contacto social pueden limitar las fuentes clave de comodidad para algunas personas.

Los síntomas postraumáticos a menudo se resuelven por sí solos en muchos casos. Sin embargo, si piensa que sufre de trastorno de estrés postraumático y no está mejorando, considere buscar ayuda de su profesional médico o de un profesional de salud mental.
– Eric Endlich, PhD

TopHealth® se publica para proporcionarles a los lectores la información y motivación que necesitan para lograr y mantener un estilo de vida más sano. El contenido no se ofrece como sustituto para los consejos profesionales. Editora ejecutiva: Susan Cottman. Editor médico: Dr. Zorba Paster. Las fuentes están disponibles cuando se solicitan. © 2024 Ebix Inc. Todos los derechos reservados. La reproducción no autorizada de cualquier parte de esta publicación es una violación de la ley de derechos de autor y está estrictamente prohibida. Personal Best® es una marca registrada de Ebix Inc. 1 Ebix Way, Johns Creek, GA 30097 • 800-871-9525 • fax 205-437-3084 • e-mail PBeditor@ebix.com • sitio web personalbest.com
Sleep for Well-Being

A National Sleep Foundation (NSF) survey of sleep habits suggests that U.S. adults who get good, consistent sleep are also good at getting things done. But for the majority of those people surveyed, sleep is not a priority over work, social activities and other aspects of living. The NSF warns that adults and children are consistently overscheduling their lives and neglecting their sleep — a habit that can jeopardize good health and may shorten lifespan. Clocking fewer than six to seven hours of shut-eye right after night can have detrimental effects, both short- and long-term.

Sleep-health prescription: Seven to nine hours of restful sleep per night can help protect your heart and immunity; control blood sugar, weight gain, stress and depression; and reduce risk for colds and flu. With the potential for increasing disease prevention and longevity, adequate sleep will also leave you feeling mentally fit and more energetic.

To sleep well, try exercise. Even a little regular exercise helps, according to another NSF survey: 76% to 83% of regular exercisers (at vigorous, moderate or light exertion) said their sleep quality was very good or fairly good — while 60% of non-exercisers reported they rarely or never have a good night’s sleep.

Stay aware of your sleep robbers, such as worry, alcohol, physical problems and lesser priorities. Make slumber your No. 1 goal at the end of each day.

Keys to Ease Commuting

Traveling to and from work is a job in itself for many workers. Commuting daily in heavy traffic can cause prolonged stress, anxiety and fatigue. The longer the trip the more stress it may produce.

When you’re stuck in slow traffic, here are some ways to ease the squeeze:

• Listen to audiobooks. Try a variety of themes: entertaining, educating or humorous.
• Take a mindful approach. Learn to ignore the frustration and focus instead on four or five positive things in your life. It may help you to feel more optimistic and ready for the workday.
• Focus on a goal and how to achieve it. Start by practicing good posture to help reduce muscle tension during your commute. Or plan how to find more time and incentive for a pleasurable pastime.
• Talk to strangers. For mass transit travelers, chat up your neighbors or lend a hand to someone who needs it; the exchange may boost your morale.
• After a crazy workday, learn to decompress on your way home. Working like a pro means commuting like a pro.

Clear Your Head

What’s on your mind? Distractions? Worries? Learn to dismiss the chatter in your head so you’re free to think, solve problems and get more done in less time. You might even feel less stressed at the end of the day.

Try these techniques:

• Move your body. Take five minutes to walk (preferably outside), climb stairs or stretch out stiff muscles. Getting your blood pumping and your body moving can help settle your thoughts.
• Visualize. Stop what you’re doing and see yourself completing what you must do today successfully. Visualize the task by mentally reviewing the steps you need to get there.
• Practice deep breathing. As you breathe, put your hand on your stomach; your hand should move in and out. Make your exhale long and peaceful. A few slow breaths can clear the cobwebs and silence your inner chatter.
• Change your location. Another venue can give you respite from familiar distractions. Book a conference room, hide out in an empty workspace or even take your laptop outside (if possible). If you work from home, move to another room or, weather permitting, on a patio or balcony. Or try your local library.
Listen Up

Did you know? In the U.S., hearing loss not caused by a disability is more common than diabetes, and the third-leading chronic health condition, according to the National Council on Aging. Noise-induced hearing loss is irreversible, and it’s important to keep these tips in mind while working or playing:

Wear earplugs or earmuffs when exposed to noise higher than 85 decibels — working with loud machinery, operating a riding mower or attending a concert.

Turn it down. Sometimes it’s fun to listen to loud music, or turn up a podcast when you’re walking on a noisy street, but doing so can damage your hearing.

Limit your exposure. Minimize the time you and your children use personal listening devices. Best bet: Apply the 60/60 rule. Never listen to volumes higher than 60% and only listen 60 minutes at a time, and then take a break.

Purchase and use quieter products. Ask for low-noise products and check the decibel level when buying.

Get checkups. Get your hearing evaluated once a year or more often if you work in a noisy environment. And if you have trouble hearing, don’t wait, regardless of where you work or live.

Learn more at audiology.org.

Work Better with Exercise

Regular exercise impacts many aspects of our well-being, from health protection to stress management and how well we perform everyday tasks physically and mentally.

How does exercise work?

- It increases blood flow to your brain, which helps sharpen your thinking skills. It also increases your energy, improves sleep and reduces achiness that distracts and slows you down.
- It releases serotonin, a brain neurotransmitter, that elevates your mood and curbs depression, making the stresses of work easier to handle.
- Being alert and energetic on the job improves your productivity, creativity and stamina so you can learn more and enjoy your work.
- It can also reduce sick days, especially during flu season, and help prevent injuries on the job.

How much exercise does it take? Try to exercise moderately most days a week. Some of the most beneficial workouts for building stamina are power walking, jogging, circuit weight training, cardio dance and elliptical trainer. Choose activities you enjoy.

Q: How can I become more resilient?

A: Resilient people, like anyone else, may encounter stress, adversity or dark moods. What sets them apart is learning strategies that help them bounce back and move on when trouble strikes. They:

See difficulties as a challenge. Failures or mistakes are opportunities to learn and grow.

Are committed and persistent. Realistic goals, relationships, values and beliefs motivate them.

Accept that some things are out of their control. They spend their energy on things they can change and see themselves as the authors of their life stories.

Prep for success. Get enough rest, exercise and connection with others.

Do not see setbacks as personal, pervasive or permanent. They monitor their thoughts, replacing negative messages with more productive ones (e.g., by remembering past successes).

Are optimistic about their abilities and the future, and see each morning as a new start. — Eric Endlich, PhD

Bad Dreams?

Nightmares — we all have them but some have them night after night. Stress, depression and anxiety are common problems. Sleep apnea is another culprit. Counseling and medications can relieve many of them. Nightmares can also be caused by several medications, including those for pain, high blood pressure, heart disease, antihistamines and sleep problems. If you’re having regular nightmares and they’re disturbing your sleep, talk to your health care provider. — Zorba Paster, MD

The Smart Moves Toolkit, including this issue’s printable download, Get in the Swim, is at personalbest.com/extras/24V6tools.

May is Better Hearing and Speech Month.
June is Home Safety Month.

Things To Clean Now

We all have our regular cleaning routines, which most frequently include cleaning the toilets, vacuuming, mopping and dusting. However, there are some things we often neglect, and bacteria and germs can gradually build up on these items.

Here are a few of the must-cleans often overlooked:

- **Light switches and doorknobs**: We use these every day; wipe them down with a disinfectant wipe, especially during cold, flu and COVID season.
- **Remotes and game controllers**: Wipe these down daily with a cloth and disinfectant or disinfectant wipes. **Caution**: Never spray anything directly on remotes; lightly spray on the cloth and then wipe.
- **Walls**: Most of us only clean the walls when we splash something on them or see a cobweb. However, these overlooked areas need a good dusting at least monthly. Grab a dry floor mop and dust away.
- **Keyboards**: Compressed air can loosen dirt from keyboards. Then, use a disinfectant wipe.
- **Phone and laptop screens**: Use a microfiber cloth to clean screens, or review your phone or laptop manufacturer's cleaning instructions.
- **Dishwasher**: You might think a dishwasher gets clean with each use, but you need to remove — at least monthly — bits of food and grime that can build up.
- **Toothbrush holder**: A National Sanitation Foundation study revealed that 64% of toothbrush holders contained mold and yeast. Need we say more?
- **Dryer vent**: We know to remove lint from the filter every time we use the dryer, but outside dryer vents need to be cleaned, too. Lint can accumulate and create a fire hazard.

Reporting Near Misses

Near misses, often called close calls or near accidents, should be reported to prevent future accidents — even if no injury or damage occurs. Reporting is critical to identifying and correcting workplace hazards.

**To report:**

1. Describe the incident, location and when it occurred.
2. List witnesses.
4. Note if conditions, such as weather, were a factor.
5. Provide recommendations to prevent a similar incident.

Follow your company’s procedures or use your browser to search for the [OSHA Near Miss Incident Report Form](https://www.osha.gov) at [osha.gov](http://osha.gov).

**SAFETY CORNER**

What is Dry Drowning?

**Dry drowning refers to complications that could happen after a person takes in water through their nose and/or mouth but not into their lungs.** Later, a spasm can occur that closes the airway. Call 911 immediately if someone experiences one or more of the following symptoms after swimming:

- Shallow or labored breathing.
- Heavy, persistent coughing.
- Vomiting.
- Excessive sleepiness.
- High fever.

**Note:** Never drive yourself to the ER if you have symptoms. Follow instructions from the 911 dispatcher.

**June is National Safety Month.**

Annual Safety Quiz

It’s National Safety Month — test your knowledge by answering the following true or false questions. **Answers on other side.**

1. Electrical power strips can handle unlimited devices.
   - **True**
   - **False**

2. Keep three points of contact while climbing or descending a ladder.
   - **True**
   - **False**

3. If your radon levels fall below 4 pCi/L, you are safe for at least ten years.
   - **True**
   - **False**

4. If you are driving and the road becomes flooded, turn around. Don’t attempt to go through the flooded area even if it appears shallow.
   - **True**
   - **False**

5. Set the thermostat on your water heater at 120˚F or lower to avoid potential burns.
   - **True**
   - **False**

**Tip:** Look around your home and think about other things you use often but forget to clean, such as faucets, vents, filters and washers. Add them to your regular cleaning list.
Personal Data Breaches

You just got word that your data kept by a hospital or retailer was hacked. What do you do?

**Stay informed.** If you learn of a data breach, read all of the information the organization sends you. Find out the scope and nature of the breach, the type of data leaked and risks associated with the compromised information.

**Change your password.** Make sure it’s at least 12 characters long. Use upper and lower case letters, symbols and numbers. A random string of characters is best. Avoid recognizable words and phrases. **Tip:** Use a password manager to generate random and unique passwords and to store all passwords.

**Don’t reuse your passwords.** Each online account needs a unique password.

**Use multi-factor authentication (MFA) or two-factor authentication (2FA) whenever you can.** Many websites already require it. These security measures provide an extra layer of protection by requiring another verification step, such as replying to a text, using a code that is sent to you, a facial scan or another identity verification method.

**Monitor your financial accounts.** This includes all bank accounts, credit cards and payment apps. You can also consider a credit monitoring service, especially if the data breach involves highly sensitive information, such as your social security number.

**Check your credit reports at no cost.** Go to annualcreditreport.com. You can print or save them as a pdf. Review these reports often for suspicious activity. Report discrepancies. All three major national credit bureaus participate: TransUnion, Experian and Equifax. **Tip:** Watch out for and avoid websites that sell credit reports.

**Beware of phishing emails, texts or direct messages.** After the breach, cybercriminals may try to exploit it by sending you phishing bait, requiring you to click links or call a number. Don’t fall for it. Contact the company directly using the contact information on their website or app.

---

## Annual Safety Quiz, Answers:

1. **False** — Power strips have a maximum load capacity that cannot be exceeded. Overloading can cause short-circuiting and overheating, which can lead to fire. Always check the power strip’s maximum load capacity and don’t exceed it.

2. **True** — Limit your exposure to slips and falls by always maintaining three points of contact when ascending or descending a ladder: Face the ladder, have two hands and one foot or two feet and one hand in contact with the ladder steps, rungs and side rails.

3. **False** — Even levels below 4 pCi/L can be harmful and radon levels can change over the years. Continue to check levels every two years.

4. **True** — If a road becomes flooded, turn around. Don’t attempt to go through the flooded area; even six inches of water will cause loss of control. One foot of water can float many vehicles and two feet of water can sweep most vehicles away.

5. **True** — Set the thermostat on your water heater at 120°F or lower to avoid scalds and burns. Always test the water temperature before bathing a child.

---

**National Trailer Safety Week is June 2 to 8.**

**Fire Safety: RVs, Trailers and Campers**

There were an estimated average of 4,200 RV fires reported to U.S. fire departments annually from 2018 to 2020, according to FEMA. Here are some tips to keep you and your family and friends safe:

- **Hire** a trained RV technician to inspect your vehicle at least once a year.
- **Check** your propane supply lines for damage or kinks. Also, test all fitting connections for gas leaks using a leak detection device.
- **Stay** in the kitchen or cooking area while cooking. Turn off all burners when you leave the area.
- **Never** leave appliances plugged in and on when you aren’t there.
- **Keep** all doors and windows accessible and clear in case you need to escape quickly.
- **Make** sure your generator is away from and downwind of the RV or camper.
- **Don’t** overload electrical outlets. Check for any frayed or damaged cords and replace them, if necessary.
- **Keep** a portable fire extinguisher within easy reach and know how to use it. Remember P.A.S.S. — Pull, Aim, Squeeze, Sweep.
- **Turn** off 10-volt lights immediately after use, and keep flammable items away from them. They can become very hot.
- **Build** campfires at least 25 feet away from all RVs, and keep grills at least 12 feet away.
- **Install** smoke detectors. Test them regularly and replace the battery every six months.
El mes de junio es el Mes de la seguridad en el hogar.

Cosas para limpiar ahora

Todos tenemos nuestras rutinas de limpieza habituales, que con mayor frecuencia incluyen la limpieza de los inodoros, pasar la aspiradora, trapear y quitar el polvo. Sin embargo, hay algunas cosas que a menudo descuidamos, y las bacterias y los microbios pueden acumularse gradualmente en estos artículos.

Estos son algunos de los artículos que es necesario limpiar que a menudo se pasan por alto:

- **Interruptores de luz y pomos de puertas:** Los usamos todos los días; límpielos con una toallita desinfectante, especialmente durante la temporada de resfriado, gripe y COVID.
- **Controles remotos y controladores de juegos:** Límpielos diariamente con un paño y desinfectante o toallitas desinfectantes. **Precaución:** Nunca rocíe nada directamente sobre los controles; rocíe el paño ligeramente y luego limpie.
- **Paredes:** La mayoría de nosotros solo limpiamos las paredes cuando salpica algo en ellas o vemos una telaraña. Sin embargo, estas áreas pasadas por alto necesitan un buen desenpolvado al menos una vez al mes. Tome un trapeador de piso seco y quite el polvo.
- **Teclados:** El aire comprimido puede aflojar la suciedad de los teclados. Luego, use una toallita desinfectante.
- **Pantallas del teléfono y de la computadora portátil:** Use un paño de microfibra para limpiar las pantallas o revise las instrucciones de limpieza del fabricante de su teléfono o computadora portátil.
- **Lavavajillas:** Se podría pensar que un lavavajillas se limpia con cada uso, pero es necesario eliminar, al menos mensualmente, los trocitos de comida que puedan acumularse.
- **Soporte para cepillos de dientes:** Un estudio de la Fundación Nacional de Saneamiento (National Sanitation Foundation) reveló que el 64% de los soportes para cepillos de dientes contenían moho y levadura. ¿Necesitamos decir más?
- **Ventilación de la secadora:** Sabemos que debemos eliminar la pelusa del filtro cada vez que usamos la secadora, pero las rejillas exteriores de la secadora también deben limpiarse. La pelusa puede acumularse y crear un riesgo de incendio.

Cómo reportar cuasi accidentes

Se deben reportar los cuasi accidentes, a menudo llamados casi accidentes o accidentes cercanos, para prevenir futuros accidentes, incluso si no se producen lesiones o daños. La presentación de informes es fundamental para identificar y corregir los peligros en el lugar de trabajo.

**Para reportar:**

1. Describa el incidente, la ubicación y cuándo ocurrió.
2. Indique los testigos.
3. Documente toda violación de los procedimientos de seguridad.
4. Tenga en cuenta si las condiciones, como el clima, fueron un factor.
5. Proporcione recomendaciones para prevenir un incidente similar.

Siga los procedimientos de su empresa o utilice su navegador para buscar el formulario de informe de cuasi accidentes **Near Miss Incident Report de la OSHA en osha.gov.**

Prueba breve anual sobre la seguridad

Es el Mes nacional de la seguridad: ponga a prueba sus conocimientos contestando las siguientes preguntas de verdadero o falso.

1. Las barras de enchufes eléctricos múltiples pueden recibir dispositivos ilimitados.
   - **Verdadero**
   - **Falso**
2. Mantenga tres puntos de contacto mientras suba o DESCENDA por una escalera.
   - **Verdadero**
   - **Falso**
3. Si sus niveles de radón caen por debajo de 4 pCi/L, está seguro durante por lo menos diez años.
   - **Verdadero**
   - **Falso**
4. Si usted está conduciendo y el camino se inunda, dé la vuelta. No intente pasar por el área inundada, incluso si parece poco profunda.
   - **Verdadero**
   - **Falso**
5. Ajuste el termostato en su calentador de agua a 120 °F o menos para evitar posibles quemaduras.
   - **Verdadero**
   - **Falso**

**Nota:** Nunca conduzca a la sala de emergencias si tiene síntomas. Siga las instrucciones del despachador del 911.

¿Qué es el ahogamiento seco?

El ahogamiento seco se refiere a las complicaciones que podrían ocurrir después de que una persona toma agua a través de la nariz y/o la boca, pero no en los pulmones. Más tarde, puede ocurrir un espasmo que cierra la vía respiratoria. Llame al 911 inmediatamente si alguien experimenta uno o más de los siguientes síntomas después de nadar:

- Respiración superficial o dificultosa.
- Tos pesada y persistente.
- Vómitos.
- Somnolencia excesiva.
- Fiebre alta.

**Nota:** Nunca conduzca a la sala de emergencias si tiene síntomas. Siga las instrucciones del despachador del 911.
Violaciones de datos personales

Manténgase informado. Si se entera de una violación de datos, lee toda la información que la organización le envíe. Descubra el alcance y la naturaleza de la violación, el tipo de datos filtrados y los riesgos asociados con la información comprometida.


No reutilice sus contraseñas. Cada cuenta en línea necesita una contraseña única. Utilice la autenticación multifactor (MFA) o la autenticación de dos factores (2FA) siempre que pueda. Muchos sitios web ya lo requieren. Estas medidas de seguridad proporcionan una capa adicional de protección al requerir otro paso de verificación, como responder a un texto, usar un código que se le envía, un escaneo facial u otro método de verificación de identidad.

Monitoree sus cuentas financieras. Esto incluye todas las cuentas bancarias, tarjetas de crédito y aplicaciones de pago. También puede considerar un servicio de monitoreo de crédito, especialmente si la violación de datos involucra información altamente sensible, como su número de seguro social.


Tenga cuidado con los correos electrónicos, mensajes de texto o mensajes directos de phishing. Después de la violación, los ciberdelincuentes pueden tratar de explotarla enviándole cebo de phishing, lo que requiere que haga clic en enlaces o llame a un número. No se deje engañar. Póngase en contacto con la empresa directamente utilizando la información en su sitio web o aplicación.

Prueba breve anual sobre la seguridad, Respuestas:

1. Falso — Las barras de enchufes múltiples tienen una capacidad de carga máxima que no puede excederse. La sobrecarga puede causar cortocircuitos y sobrecalentamiento, lo que puede provocar incendios. Compruebe siempre la capacidad de carga máxima de barra de enchufes múltiples y no la exceda.

2. Verdadero — Limite su exposición a resbalones y caídas manteniendo siempre tres puntos de contacto al subir o descender por una escalera: dé cara a la escalera, tenga dos manos y un pie o dos pies y una mano en contacto con los escalones, peldaños y rieles laterales de la escalera.

3. Falso — Incluso los niveles por debajo de 4 pCi/L pueden ser perjudiciales y los niveles de radón pueden cambiar con el paso de los años. Continúe verificando los niveles cada dos años.

4. Verdadero — Si un camino se inundó, dé la vuelta. No intente pasar por el área inundada; incluso seis pulgadas de agua causarán pérdida de control. Un pie de agua puede hacer flotar muchos vehículos y dos pies de agua pueden arrastrar la mayoría de los vehículos.

5. Verdadero — Ajuste el termostato en su calentador de agua a 120 °F o menos para evitar escaldaduras y quemaduras. Siempre pruebe la temperatura del agua antes de bañar a un niño.