

## BEAVER ISLAND RURAL HEALTH CENTER

### Be Prepared — Stay Safe in the Summer!

- **Heat-related illnesses:** Heat exhaustion can come with increased pulse, dizziness, fatigue, muscle cramps, nausea and headache. Wear lightweight, light color, loose-fitting clothing. Stay in an air-conditioned place as much as possible. Just a few hours can help your body stay cooler when you go back into the heat.
- **Dehydration:** Symptoms differ depending on age. A young child or infant who is dehydrated won't shed tears while crying and may have sunken eyes or a dry mouth. Dehydrated adults will feel fatigued and thirsty, and possibly dizzy or confused. It is important to keep a water bottle nearby and use it often.
- **Swimming accidents:** Stay safe on the beach by sticking to areas where you are visible. Heed any warnings about the weather or the water conditions.
- **Food poisoning:** Certain foods, including meat and dairy products, when left unrefrigerated for too long, grow bacteria making them unsafe for consumption. Get rid of perishable food that was left at room temperature for more than a couple of hours. Pack perishable food in a cooler along with ice.
- **Sunburn:** Just a few sunburns increases your risk of skin cancer. You'll need sunscreen even on cloudy days because rays go through the cloud cover.

A healthcare provider is on call 24/7 to serve you.

Just call **231- 448 - 2275** to access the on-call provider after hours,  
or for appointments Mon - Fri, 8:30am - 5pm.

### COVID-19 AT-HOME TEST KITS & KN95 MASKS AVAILABLE!

Call **231-448-2275**.

Home test kits can also be ordered through pharmacies and are covered by insurance. Or order online at [covidtests.gov](https://www.covidtests.gov)

Anyone experiencing symptoms should be tested and the Health Center has both rapid and PCR tests available.

Stay informed with the latest COVID-19 testing and vaccination info at [www.biruralhealth.org](http://www.biruralhealth.org)



### COMING UP AT BIRHC: JULY

- 4 MON – BIRHC CLOSED, HAPPY 4TH!!**
- 6 WEDS – DR. AARON WILKIN, LAKESHORE CHIROPRACTIC 231-237-0665**
- 7 THURS – DR. DANIEL MANN, FAMILY HEALTH**
- 11 MON – DENTAL CLINICS NORTH/HYGIENIST 231-547-7650**
- 14 THURS – DR. DANIEL MANN, FAMILY HEALTH**
- 18 MON - DR. PATRICK RICHMOND, PODIATRIST**
- 18 MON – DENTAL CLINICS NORTH/HYGIENIST 231-547-7650**
- 20 WEDS – DR. AARON WILKIN, LAKESHORE CHIROPRACTIC 231-237-0665**
- 25 & 26 MON & TUES - DENTAL CLINICS NORTH/DR. KOOISTRA 877-321-7070**
- EVERY TUES & THURS – MUNSON HEALTHCARE PHYSICAL THERAPIST 231-547-8630**