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FOR IMMEDIATE RELEASE

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**THE BAY COUNTY HEALTH DEPARTMENT RECOGNIZES MAY AS
WOMEN'S HEALTH MONTH**

BAY COUNTY – Too often, women meet the needs of friends and family members while neglecting themselves. However, individuals who fail to protect their own health will not be able to care for loved ones. Here are a few ways that individuals can take responsibility for their own health by engaging in healthy behaviors:

- Eat well
- Get daily doses of physical activity
- Don't smoke or use other tobacco products and avoid tobacco smoke
- Wash your hands frequently to avoid spreading germs
- Wear a seatbelt
- Apply sunscreen and insect repellent when outdoors
- Stay current on immunization shots
- Manage your stress by balancing work, home and play
- Aim for 7-9 hours of sleep each night
- See your physician for regular checkups and ask questions about how you can lower your risk for health problems
- Get recommended preventive screenings such as mammograms and blood tests
- Know your family health history

For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. Visit the Bay County Health Department at www.baycountyhealth.org for more tips on managing your health.

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