

# Playing It Safe at the Beach

San Francisco is home to many beautiful places. What's our most beautiful feature? We think it's our beaches. The sun, our weather, and the bright blue water all make our city special. But did you know that about 10 people die from drowning in the United States every day?

Before you head to the beach, it's important that you know a few things. Please keep these beach rules in mind:

- **If you don't know how to swim, don't get in the water!** Don't think of the beach as a pool. Waves, currents, and sea creatures can make the beach very dangerous.
- **Never swim alone.** Make sure you take at least one friend with you. Both of you can look out for each other.

- **Don't drink alcohol if you plan to swim.**
- **Check out the weather forecast before you head out.** Many forecasts tell you if the water at the beach is safe enough for swimming.
- **Make sure a lifeguard is on duty and pay attention to posted warning signs at the beach.**
- **If you have children, keep them in your sights at all times.**



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## Why Drinking Water Is So Important

**W**ater makes up 70 percent of your body and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. Water helps the entire body. Water gives cells more oxygen, supports our joints, helps our brains, and helps regulate body temperature.

Without water, your body would stop working properly. When your body doesn't have enough water, that's called being dehydrated. Dehydration can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can even make you sick.

Drinking water isn't the only way your body gets hydrated. Any fluid you drink will contain water, but water is always the best choice. Juice, sodas, and milk all help you stay hydrated, but they are also full of sugar so you shouldn't drink them too much. Fluids with alcohol or caffeine do not hydrate.

You should drink eight glasses of water a day. If you exercise, you need to drink more water. The more you sweat, the more water your body needs.

You can help your body by drinking water before you're thirsty and drinking extra when it's warm out. Your body will be able to do all of its jobs and you'll feel great!

# Your Health Matters!

spring/summer 2012



SAN FRANCISCO  
HEALTH PLAN

Here for you

## Farmers' Market FUN!

**I**f you're like most people who see grocery shopping as just another chore, take a walk around San Francisco any weekend of the year. You live in a city that offers many exciting options for picking up your groceries.

Many of these markets are outdoors. Some have more than fruits and vegetables for sale. You can find baked goods, hot food, handmade products, and some markets even have live entertainment. You can meet the farmers who grow the food you buy, taste foods that you've never heard of, and learn tips on how to make new dishes.

We've put together a list of some markets that are open all year round. Trust us. The city's farmers' markets will make grocery shopping something to look forward to each week.

### SATURDAYS

**Ferry Plaza**  
8:00am – 2:00pm

**Noe Valley**  
24th Street, between  
Sanchez and Vicksburg  
8:00am – 1:00pm

**Fillmore**  
O'Farrell at Fillmore  
9:00am – 1:00pm

**Alemany**  
100 Alemany  
Open from dawn to 2:00pm

### SUNDAYS

**Divisadero**  
Grove at Divisadero  
10:00am – 2:00pm

**Fort Mason Center**  
9:00am – 1:00pm

**Heart of the City**  
United Nations Plaza, Civic Center  
7:00am – 5:00pm

**Inner Sunset**  
Between 8th and 9th Avenues,  
south of Irving Street (parking lot)  
9:00am – 1:00pm

**Stonestown Galleria**  
(Ground floor)  
9:00am – 1:00pm



### inside



PLAYING IT  
SAFE AT  
THE BEACH



WHY DRINKING  
WATER IS SO  
IMPORTANT



STAYING SAFE  
IN THE SUN

# What's Free in the City

Looking for something new to do in San Francisco? Become a tourist in your city. Discover new places, people, and information as you get to know the city in new and free ways.

## Our Attractions

There are many places to go and tons of things to see around the city. But have you walked across the Golden Gate Bridge yet? Have you visited the San Francisco Botanical Garden? Strolled through Chinatown? We recommend you do them all.

## City Tours

Learn some of the secrets of San Francisco from tour guides who are in love with our city. These tours are free and reservations aren't usually required for small groups.

## Museums

Some museums offer free or discount days during the week. Below is a list of museums that are always free:

- Cable Car Museum
- Chinese Cultural Center Gallery
- Museo Italo Americano
- San Francisco Fire Department Museum
- Hyde Pier at San Francisco Maritime National Historic Park
- Wells Fargo History Museum
- Cantor Arts Center
- Hearst Museum of Anthropology

## Outdoor Concerts

Add some free live music to your Thursday lunch break. Every Thursday, you can find a musician on stage in the Esplanade at Yerba Buena Garden from 12:30pm to 1:30 pm. No tickets or reservations are needed. Just bring your lunch for an outdoor concert under the sky.



# Stay Alert and Stay Safe!

No one likes to think about "what ifs," but the more we do to prepare and plan, the better off we'll be. Bad things can happen to anyone, but there are things you can do to spot a problem and protect yourself.

The most important thing you can do to stay safe is to stay alert. Be aware of your surroundings. Don't talk on your cell phone or listen to music with headphones while walking down the street, even in the daytime. When walking down the street, be aware of who is behind you and who is in front of you. Try to look confident, calm and in control of where you are going. Make eye contact with people around you. If you carry a purse, hold it close to your body. Put your wallet in a front pocket, not in the back. Most of all, trust your feelings. If you feel uncomfortable in a place or situation, simply leave.

If you are attacked, try to remain calm but scream loudly so others will hear you. And if you see someone else in a bad situation, call 911 immediately. You'd want the same done for you!

# Understanding Depression

We all go through ups and downs. But when you have depression, it's more than that. Depression is feeling deeply sad, worthless or hopeless to a point where you can't function normally.

What causes depression is a mix of things, such as your genes, events in your past or even things that are happening to you now. What does depression look like? Here are some common symptoms:

- **Loss of appetite or eating too much**
- **Feeling deeply sad, down or 'blue'**
- **Feeling much more tired than usual**
- **Getting upset at little things**
- **No interest in things that you enjoy**
- **Thoughts about hurting yourself or feeling like you want to die**

If you have any of these symptoms for two weeks or more, call your provider right away. The first step to getting the

right treatment for depression is to visit a doctor or therapist. You will find that there are many treatment options to help you get back on track.

Remember, depression is a real and serious illness. If you think you might be depressed, it's important that you get help. The longer you wait, the harder it can be to get it under control.

Adults are not the only ones who get depressed. Kids and teenagers get depression too. But depressed young people often hide their feelings. Younger children may complain of headaches, stomach aches or pains in the arms or legs. Teenagers are more likely to harm themselves. They may also drink alcohol or use drugs.

If you think your child may be depressed, it's important to get help. You should talk to your child's doctor or call San Francisco Community Behavioral Health Services (SFCBHS) at (415) 255-3737 or (888) 246-3333.



## For Healthy Kids members:

Call San Francisco Community Behavioral Health Services (SFCBHS) at (415) 255-3737 or (888) 246-3333 (toll free)

- **Get mental health counseling**
- **Access a substance abuse counselor**

# Staying Safe In the Sun

Are you someone who only wears sunscreen when it's bright and sunny outside? If so, you may be putting yourself at risk for skin damage and skin cancer. After about 15 minutes in the sun, harmful ultraviolet (UV) rays can begin to damage your skin if you're not protected.

UV rays from the sun are strong. They can go through clouds and can even bounce off water, sidewalks, buildings, sand, and snow. Tanning beds and sunlamps also give off UV rays.

To protect yourself from these dangerous UV rays, make sure you use these sun-safe tips.

- **Try to be indoors between 10:00am and 4:00pm.**  
UV rays from the sun are more powerful during these midday hours.
- **Wear sunscreen**  
Choose products that have UVA and UVB protection of SPF 15 or higher. Remember to put more sunscreen on after two hours of being in the sun. You should also put more sunscreen on after you swim or if you have been sweating.
- **Stay covered**  
Wear a hat and sunglasses to cover your face. Make sure your skin is covered with clothing that is loose, but not see through. Bring an umbrella if you plan to be outside for a long time.
- **Stay away from indoor tanning**  
Indoor tanning is when you use a tanning bed, tanning booth, or a sunlamp to make your skin darker. Doing this has caused some people to get skin cancer and eye cancer.



## Your Health Matters!

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