



## Keep on splashing. You've got Teladoc!

**Don't let a sunburn or swimmer's ear spoil your summertime fun.** With Teladoc, you can speak with a licensed doctor 24/7 by phone or video for many types of summer illnesses.

Our doctors can diagnose and treat poison ivy, skin rashes, bug bites or stings, food poisoning, swimmer's ear, and upper respiratory infections. They can even send a prescription electronically to your pharmacy of choice when medically necessary.

### Four tips for a healthy and happy summer

- 1 Avoid food-borne illnesses by practicing food safety.
- 2 Avoid being outside between 11 a.m. and 2 p.m., which are the hottest hours of the day.
- 3 Stay hydrated by drinking water even when you don't feel thirsty.
- 4 Wear a sunscreen labeled "broad spectrum" or "UVA/UVB protection" that's at least an SPF 15.

## Talk to a doctor 24/7

 [Teladoc.com](https://www.teladoc.com)  1-800-TELADOC (835-2362)   Download the app

