

Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to www.pchc.org to see past “Health Bytes”.

Health Byte – July 1, 2018

Every year when we hear about summer safety issues, dehydration is mentioned prominently, and is considered one of the "Fatal Four" in the developmental disabilities field. Copy and paste the link below to see a great handout on dehydration information specific to people with a developmental disability:

https://des.az.gov/sites/default/files/gaunewsletter_dddpreventionseries_1.pdf