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Welcome Summer

As we embrace the warmer weather and spend more time outdoors, it's crucial to prioritize safety. Here are some essential summer safety tips to ensure you and your loved ones have a healthy, happy season.



Stay Hydrated: *With the sun beating down, it's easy to get dehydrated. Remember to drink plenty of water throughout the day, especially if you're engaging in physical activities.*



Apply Sunscreen: *Protect your skin from harmful UV rays by applying sunscreen with a high SPF before heading outside. Reapply every few hours, especially if you're swimming or sweating.*



STAY COOL

Stay Cool: Avoid heat-related illnesses by staying cool. Seek shade, wear light clothing, and use cooling towels or sprays to lower your body temperature.

WATER SAFETY

Practice Water Safety: Whether you're swimming in a pool, lake, or ocean, always keep an eye on inexperienced swimmers and never swim alone. It's also crucial to follow all safety rules and guidelines.



Be Mindful of Insects: Insects like mosquitoes and ticks are more prevalent during the summer months. Use insect repellent, wear long sleeves and pants in wooded areas, and perform thorough tick checks after spending time outdoors.



Practice Food Safety: Prevent foodborne illnesses by keeping perishable foods refrigerated, washing your hands before handling food, and using separate cutting boards for raw meats and produce during picnics and barbecues.

Reminders

We are currently accepting new patients

- We offer a comprehensive range of services designed to meet the diverse needs of our patients, ensuring an integrated approach to high-quality care. For more information about our services and how to become a patient, [click here](#)

Central Falls Express Health Care (walk-in, no appointment needed). For

a list of our services, [click here](#)

- Monday & Tuesday 8am-8pm
- Wednesday - Friday 8am-5pm
- Saturdays 8am-4:30pm

SNAP Outreach at Blackstone Valley Community Health Care

- Thursday, June 26th, 10am-12pm
- 1145 Main Street Pawtucket
 - [Click here for flyer](#)

Behavioral Health Group Sessions

- Visit our [website](#) for Session details

Community Resources

Rhode Island Emergency Management Agency Announces Cooling Centers across Rhode Island

- For locations, [click here](#)

George Wiley Center hosts Fuerza Laboral to speak on workers' rights

- Wednesday June 25 at 5:30pm (For more information, [click here](#))

Head Start; Pre-K applications open now for Fall - Birth to 5 years

- For more information, [click here](#)

Central Falls Salsa Night - Friday June 27th @ Roosevelt Avenue Bridge Central Falls, for more information, [click here](#)

- Salsa Lessons, live music, performances, food trucks & more

Give us a review on Google

At Blackstone Valley Community Health Care take pride in making sure each patient has a comfortable experience that addressed their medical/dental needs. We would very much appreciate it if you would take a few minutes today or in the next few days to share your experience with us.

Medical - 1000 Broad Street

Medical- 39 East Avenue

Medical - 1145 Main Street

Dental - 210 Main Street



Blackstone Valley Community Health Care celebrating 30 years of offering the highest quality, lowest cost health care. Thank you for trusting us with your care.

Blackstone Valley Community Health Care |
[Website](#)





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