

Health Newsletter

-Generali China GBD

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Preface

July ushers in a symphony of cicadas and clouds that burn like fire, as all living things express the resilience of life in their most exuberant form. Amidst the rising heat and rolling waves of summer, our dialogue with the body demands deeper attunement—health is not a shield against the swelter, but an art of symbiosis with the rhythms of nature.

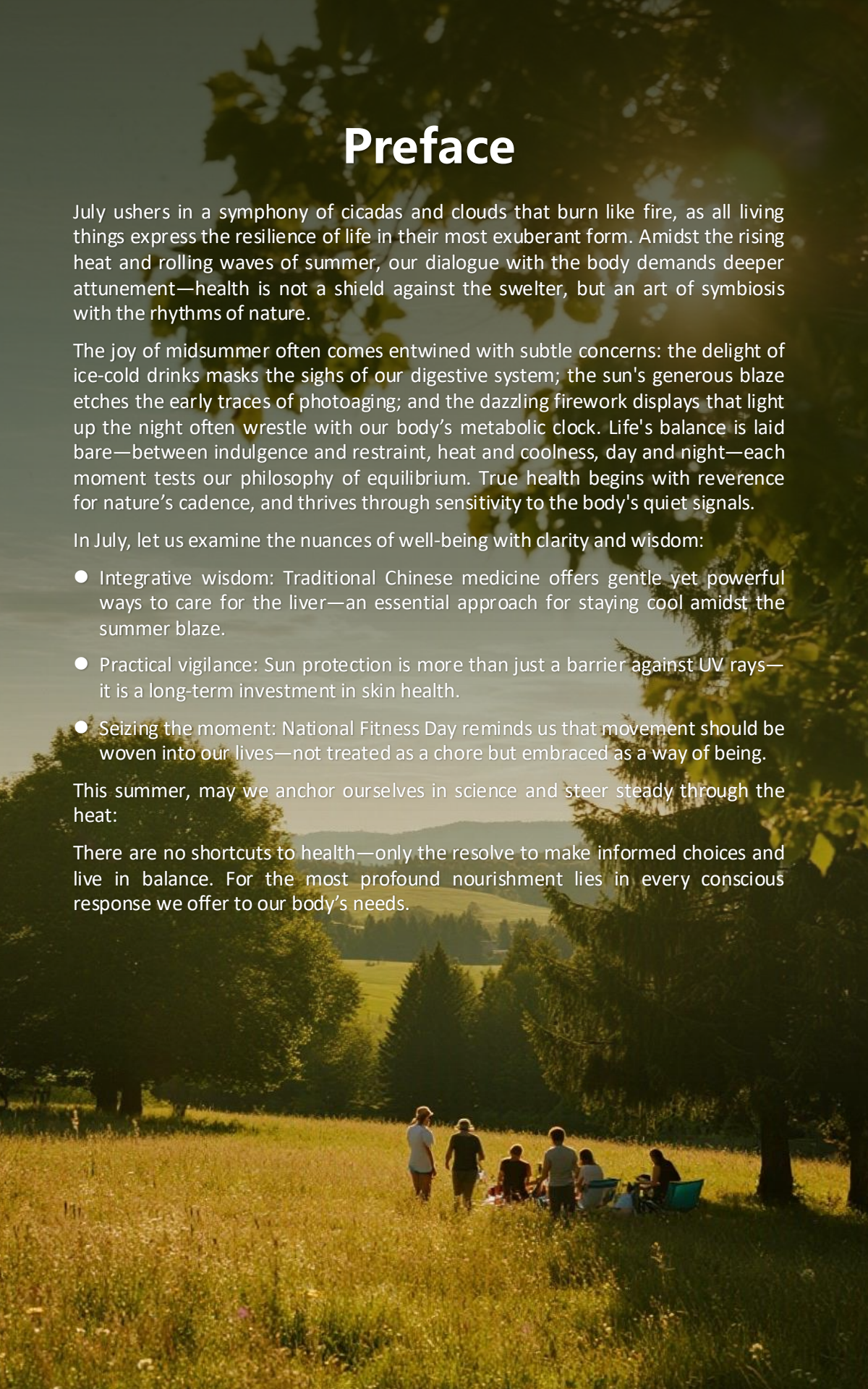
The joy of midsummer often comes entwined with subtle concerns: the delight of ice-cold drinks masks the sighs of our digestive system; the sun's generous blaze etches the early traces of photoaging; and the dazzling firework displays that light up the night often wrestle with our body's metabolic clock. Life's balance is laid bare—between indulgence and restraint, heat and coolness, day and night—each moment tests our philosophy of equilibrium. True health begins with reverence for nature's cadence, and thrives through sensitivity to the body's quiet signals.

In July, let us examine the nuances of well-being with clarity and wisdom:

- Integrative wisdom: Traditional Chinese medicine offers gentle yet powerful ways to care for the liver—an essential approach for staying cool amidst the summer blaze.
- Practical vigilance: Sun protection is more than just a barrier against UV rays—it is a long-term investment in skin health.
- Seizing the moment: National Fitness Day reminds us that movement should be woven into our lives—not treated as a chore but embraced as a way of being.

This summer, may we anchor ourselves in science and steer steady through the heat:

There are no shortcuts to health—only the resolve to make informed choices and live in balance. For the most profound nourishment lies in every conscious response we offer to our body's needs.



Prevention and control methods for Chikungunya fever and mosquito-borne diseases

On July 8, 2025, the first case of chikungunya was reported in Shunde District, Guangdong Province. By July 15, the cumulative number of confirmed cases had reached 478, indicating a rapid spread of the disease. The virus is primarily transmitted by *Aedes albopictus* and *Aedes aegypti* mosquitoes, and its symptoms resemble those of dengue fever, including high fever, severe joint pain, and rash. Due to the shared vector, controlling the outbreak is challenging, especially during the hot and rainy summer season, which accelerates mosquito breeding and increases the risk of widespread transmission.

The rapid spread of the outbreak can be attributed to several factors:

Climatic conditions: Persistent high temperatures and rainfall in Guangdong create ideal breeding conditions for mosquitoes.

Weak prevention systems: Grassroots medical institutions lack early detection capabilities for mosquito-borne diseases, and some communities fail to implement effective mosquito control measures.

Low public awareness: Many residents lack knowledge about mosquito prevention, such as failing to remove stagnant water or use insect repellents properly.

International importation risk: Chikungunya is endemic in Southeast Asian countries (e.g., Thailand, Malaysia), and cross-border travel may facilitate virus transmission.

Disease Overview: Characteristics and Management of Chikungunya

Transmission:

Chikungunya is primarily transmitted through mosquito bites and does not spread directly between humans. The virus replicates in mosquitoes and is injected into humans during a bite, causing infection.

Clinical Symptoms:

Acute phase (2-7 days): Sudden high fever ($>39^{\circ}\text{C}$), severe joint pain (especially in wrists, knees, and ankles), rash, headache, and muscle pain. Chronic phase (weeks to months): Some patients may experience persistent joint pain, which can develop into chronic arthritis.

Diagnosis and Treatment:

Diagnosis: Confirmed via RT-PCR (nucleic acid testing) or serological tests (IgM antibodies).

Treatment: No specific antiviral drug exists; management focuses on symptomatic relief (antipyretics, painkillers) and supportive care.



Action Plan: How to Prevent and Control the Outbreak?

Enhance environmental management. All branches must strictly follow local disease prevention rules, conduct mosquito elimination and cleaning in and around workplaces. Use professional disinfection teams or state-certified insecticides to reduce adult mosquito density.

Boost employees' protective awareness and skills. Strengthen personal and household mosquito prevention. Employees outside Guangdong should avoid traveling there recently; if necessary, take mosquito repellent measures. Branches in affected areas focus on external personnel control and health reminders.

Home prevention : Install window screens, use mosquito nets, and apply insect repellent.

Remove stagnant water : Regularly check flower pots, buckets, and discarded containers to prevent mosquito breeding.

Seek medical help promptly : If symptoms like high fever or joint pain occur, seek medical attention immediately and report travel history.



Liver Health Advice in Hot Season

July 28th of each year marks World Hepatitis Day, aiming to enhance public awareness of viral hepatitis. According to data from the World Health Organization (WHO), approximately 296 million people globally suffer from chronic hepatitis B, and 156 million have chronic hepatitis C. Each year, about 1.4 million people die from hepatitis - related diseases. Today, let's talk about hepatitis and liver health.

Overview

Hepatitis is mainly classified into types A, B, C, D, and E. Hepatitis A and E are primarily transmitted through the fecal - oral route, such as consuming contaminated food and water. Hepatitis B, C, and D are mainly transmitted through blood, mother - to - child contact, and sexual contact. Early symptoms of hepatitis may be subtle, but as the condition progresses, symptoms such as fatigue, jaundice, nausea, and pain in the liver area may occur. In severe cases, it can lead to liver cirrhosis and liver cancer, threatening life and health. Vaccination against hepatitis A and hepatitis B can effectively prevent hepatitis A and hepatitis B infections.

Irregular Diets and Late - Night Stays in Summer Exacerbate Liver Burden^②

In the sweltering summer heat, people's living habits often change. On one hand, foods like cold drinks, ice creams, barbecues, and crayfish become popular among many. Excessive consumption of greasy, spicy, and high - sugar foods increases the liver's metabolic burden, affecting bile secretion and fat digestion.

On the other hand, with longer days and shorter nights in summer and abundant nightlife activities, many people stay up late watching dramas or socializing, resulting in insufficient sleep. The liver enters its prime detoxification and repair period from 11 p.m. to 3 a.m., and staying up late disrupts the liver's normal metabolic rhythm, impeding the self - repair of liver cells. Over time, this weakens liver function.



Summer Liver Care Essentials

Diet: Light - Tasting, Abundant in Fruits and Vegetables, Avoid Greasy and Spicy Foods, Limit Alcohol Consumption

In summer, the diet should be light - tasting. Consume more fruits and vegetables rich in vitamins and dietary fiber, such as cucumbers, tomatoes, bitter gourds, and strawberries, which help the liver detoxify. Reduce the intake of greasy and spicy foods to avoid overburdening the liver. Additionally, as alcohol is metabolized by the liver, excessive alcohol consumption directly damages liver cells. It is advisable to drink little or no alcohol in summer to protect liver health.

Work - Rest Schedule: Early to Bed, Early to Rise, Avoid Staying Up Late

Maintaining a regular work - rest schedule is crucial. Try to go to bed before 11 p.m. every day and ensure 7 - 8 hours of sleep, allowing the liver to fully repair at night. Take a 20 - 30 - minute nap at noon to relieve fatigue, restore energy, and maintain the liver's normal physiological functions.



Exercise: Moderate Exercise, Choose Early Morning or Evening

Summer exercise should be conducted in the cooler hours of early morning or evening to avoid strenuous exercise during the high - temperature noon to prevent heatstroke. Choosing aerobic exercises like walking, jogging, yoga, or Tai Chi, and stick to 3 - 5 sessions per week, about 30 minutes each time. Moderate exercise promotes blood circulation and enhances the liver's metabolic capacity, but be careful not to overexert.

Emotions: Stay Optimistic

Traditional Chinese medicine believes that the liver is responsible for regulating the flow of qi and prefers a smooth flow while disliking depression. Negative emotions such as anxiety, anger, and depression can affect the liver's function of regulating qi flow, leading to qi stagnation. Therefore, in summer, it is important to maintain an optimistic and cheerful mindset and learn to regulate emotions. You can relieve stress by listening to music, chatting with friends, traveling, etc., to maintain the liver's normal physiological state.



Advice for people with fatty liver:

The overall prevalence of fatty liver among Chinese adults is currently 30–40%. If left unmanaged, it can increase the risk of cirrhosis and liver tumors, as well as raise the incidence of type 2 diabetes, hypertension, and cardiovascular diseases. The following evidence-based recommendations can help reduce or even reverse fatty liver:

a) Weight management: Studies show that losing 3–5 % of body weight significantly reduces liver fat; 7–10 % loss can improve inflammation and fibrosis.

b) “Healthy Plate” plan: Fill half of your plate with vegetables and fruit, one quarter with whole-grain staples, and one quarter with lean protein such as fish, skinless chicken, or beans. Avoid sugar-sweetened beverages, and drink water or tea without sugar instead.

c) Regular exercise: Accumulate at least 150 minutes of moderate-intensity aerobic exercise per week.



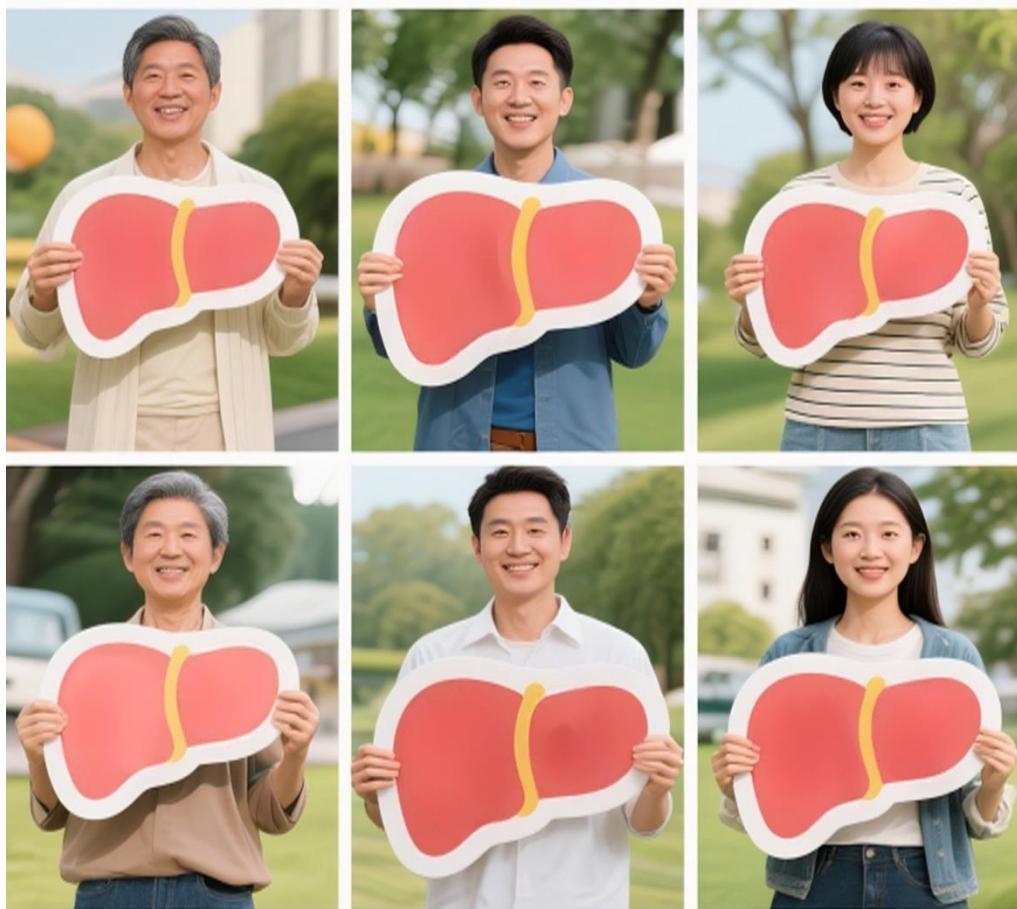
Regular Liver Examinations and Apply Hepatitis Vaccines

For high - risk groups, including patients with chronic hepatitis, long - term alcohol drinkers, and those with a family history of liver cancer, regular liver examinations are of great significance. It is recommended to undergo tests such as liver function, five items of hepatitis B, hepatitis C antibody, alpha - fetoprotein, and liver ultrasound every 3 - 6 months to detect liver diseases in a timely manner and achieve early detection, diagnosis, and treatment.

The general population should also have a comprehensive liver health check once a year to understand their own liver condition.

Newborns should receive the hepatitis B vaccine as early as possible. General population or people with high risks should also apply hepatitis A and B vaccination or consult a qualified healthcare provider.


In July, taking the opportunity of World Hepatitis Day, we should pay more attention to liver health. The unique living habits in summer tend to overburden the liver. By following the care principles of a light diet, regular work - rest schedule, moderate exercise, and maintaining a positive mood, along with regular liver examinations, we can effectively protect liver function. Let's start now, develop good living habits, safeguard liver health, and enjoy a healthy life.



Sun Safety: Can The Sun Actually Make Me Sick?

Sunshine is a key to life, but not enough—or too much—can do more harm than good. It's a critical component in the production of vitamin D, which helps keep our bones healthy and strong. It also helps to lift our moods and energy levels. On the other hand, not enough sunlight can contribute to osteoporosis (bone disease), “winter blues,” and seasonal affective disorder (a form of depression).





Excessive exposure to the sun and extreme heat can lead to sunburn, skin cancer, and heat-related illnesses such as heat rash (also called prickly heat) and heat cramps. Let's take a look at the causes and treatment for three serious sun-related conditions:

Sunburn

Symptoms : Bright red skin , Blistering or rash, Pain, Swelling of the affected area, Flu - like symptoms (fever, headache, nausea)

Treatment: Get out of the sun, Take a cool shower or apply cool compresses to help relieve pain and reduce skin temperature, Apply aloe vera gel or other topical ointment to soothe the skin, Treat pain with an appropriate over - the - counter pain reliever, Drink plenty of fluids, If a blister covers a large area, seek medical attention immediately

Heat exhaustion

Symptoms: Cold, clammy, pale skin, Dizziness, Weak, rapid pulse, Fatigue or weakness , Headache , Heavy sweating , Loss of consciousness , Muscle cramps, Nausea or vomiting

Treatment: Move to a cool place, Loosen clothing , Apply cool, wet cloths or take a cool bath, Sip water, If vomiting occurs or symptoms worsen or last longer than an hour, seek medical attention immediately

Heat stroke

Symptoms : Confusion , Dizziness , Fast, strong pulse, Headache, High body temperature (103° Fahrenheit or higher), Hot, red, dry, or damp skin, Loss of consciousness, Nausea

Treatment: Call the emergency number immediately—heat stroke is a medical emergency, Move the person to a cooler place, Use cool water or cold compresses to lower body temperature, Don't give the person anything to drink

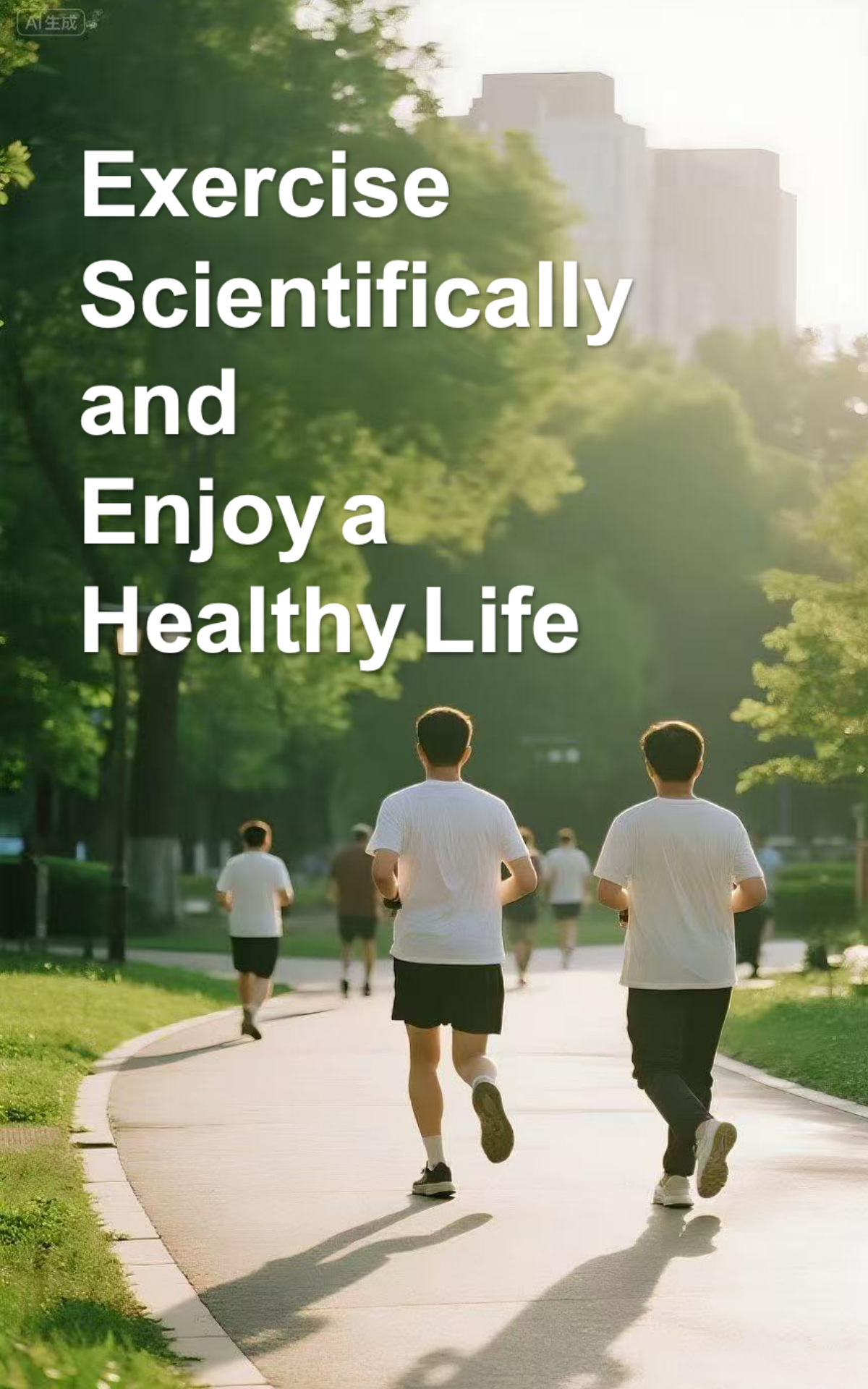
Prevention

In addition to the treatment guidelines listed above, here are a few general tips to help you protect yourself and your family from the sun and stay safe when you must go outside in the heat:

- Pay attention to heat outlooks, watches, and warnings issued by the National Weather Service. These alerts are based on the number of consecutive days that the air temperature will be extremely high (above 104° during the day or 75° at night).
- Avoid being outdoors on days when temperature alerts have been issued. Reschedule daytime activities for early in the morning or later toward dusk.
- If you must go outside, drink plenty of water, avoid beverages that contain alcohol or caffeine (which can dehydrate you), and shade yourself from the sun with protective headwear, eyewear, and lightweight clothing.
- When the temperature soars, race to the air conditioning. Be sure that family and friends are cool as well. If necessary, go to a movie theater or local shopping mall to avoid the heat. Pay special attention to infants, children, and pets' needs too.



Exercise Scientifically and Enjoy a Healthy Life





August 8th of each year marks China's National Fitness Day. This special day aims to encourage the public to actively engage in physical exercises, improve national physical fitness, and create a positive atmosphere where everyone loves sports. National Fitness Day is not just a date on the calendar; it's a call to action, reminding us that a healthy body is the cornerstone of a happy life, and regular exercise is the key to maintaining good health. Through various sports activities, ranging from community aerobics to city marathons, National Fitness Day has ignited people's passion for sports, inspiring more and more individuals to step outside and embrace an active lifestyle.

Seasonal Characteristics: The Scorching Summer, Reasonable Schedule for Sports

July and August are the peak summer months, with hot weather and intense sunlight. However, it's also a great time to get close to nature and engage in outdoor sports. Despite the challenges posed by high temperatures, with proper preparation and planning, you can fully enjoy the pleasures of summer sports. The long daylight hours in summer allow people to exercise during the cooler early morning or evening hours, breathing in fresh air and feeling the vitality of nature.

Exercise Guide: Scientific and Safe Fitness

Suitable Sports: In the hot summer, it's advisable to choose sports with moderate intensity and good heat dissipation. Swimming is an excellent option as it exercises the entire body and provides a cooling effect in the water. Indoor aerobics with its strong rhythm can effectively burn fat in an air - conditioned environment. Yoga, on the other hand, relaxes the body and mind and relieves stress through gentle movements and breathing regulation.

Exercise Time Selection : Avoid exercising during the hottest hours from 11 am to 3 pm. Early morning from 6 - 8 am and late afternoon from 5 - 7 pm are more suitable. The temperature is relatively lower during these times, and the air is fresh, reducing the risk of heatstroke.

Exercise Intensity Control: The body gets tired more easily in summer, so the exercise intensity should not be too high. Start with low - intensity exercises and gradually increase the intensity as your body adapts. Pay attention to your heart rate during exercise, generally keeping it at 60% - 70% of your maximum heart rate.

Precautions Before and After Exercise: Always do a thorough warm - up before exercise, such as brisk walking and joint movements, for about 10 - 15 minutes to activate the body's functions. After exercise, perform stretching to relax the muscles and relieve fatigue, which should also last about 10 - 15 minutes. Additionally, replenish water in a timely manner before, during, and after exercise, drinking small amounts frequently to avoid dehydration.



Heatstroke Prevention and Treatment for Summer Outdoor Sports: Protect Health and Avoid Heatstroke

Preventive Measures: Plan outdoor activities reasonably and avoid the hottest periods. When exercising, choose lightweight and breathable clothing, such as cotton or quick-dry materials, to help with sweat evaporation. Wear sun hats, sunglasses, and apply sunscreen to reduce UV damage. Drink enough water before and during exercise. Besides plain water, sports drinks can be consumed appropriately to replenish lost electrolytes.

Heatstroke Treatment: Once symptoms of heatstroke such as dizziness, nausea, fatigue, and elevated body temperature are detected, stop exercising immediately. Move to a cool and ventilated place, loosen your clothes, and use a wet towel to cool the forehead, neck, armpits, and other areas. Drink cooling water or sports drink in small sips. If the symptoms are severe, seek medical attention promptly.




The Combination of Exercise and Diet: Two - Pronged Approach for Double Health Benefits

Exercise and diet management are two pillars of maintaining good health. When exercising in the hot summer, the body consumes more energy and water, making proper dietary coordination crucial. It is recommended to increase the intake of fruits and vegetables, such as watermelons, cucumbers, and tomatoes, which are rich in water and vitamins, replenishing both fluids and nutrients.

Choose foods rich in high - quality protein, like eggs, milk, and fish, to help repair and build muscles. At the same time, reduce the consumption of greasy and spicy foods to avoid overburdening the stomach and intestines.

Additionally, do not eat immediately after exercise. Wait for 30 minutes before having a meal, and opt for a light and easily digestible diet.



A full-page photograph of two men running on a red-brown paved path in a park. The man in the foreground is wearing a bright yellow-green t-shirt and black shorts, running towards the right. The man behind him is wearing a white tank top and black shorts, also running towards the right. In the background, another person in a light blue shirt is running away from them. The path is surrounded by lush green trees and foliage under a clear blue sky.

August, coinciding with National Fitness Day, is an ideal time to enjoy summer sports. It is hoped that everyone can take full advantage of this opportunity, step outside, choose a suitable exercise method, exercise scientifically, and maintain a balanced diet. Make exercise a part of your lifestyle. Through consistent exercise, improve your physical fitness, enhance immunity, and enjoy a healthy and happy life. Start now, take action, and embark on your own healthy exercise journey!

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KEY COMPETENCIES TO WIN THE FUTURE



Resilience

The path ahead won't be smooth sailing; children will inevitably face various setbacks and failures. Children with strong resilience can learn lessons from adversity and grow stronger through challenges. Professor Peng Kaiping points out that resilience is a crucial manifestation of a child's psychological toughness.

In daily life, parents can appropriately set up "small setbacks" for their children. For instance, have them learn a moderately challenging skill, like playing an instrument or a sport.

When the child encounters difficulties and wants to give up, encourage them to persist, offering appropriate guidance and support.

Furthermore, when a child experiences failure, parents should avoid excessive protection or blame. Instead, guide the child to analyze the reasons for failure, help them establish a healthy view of failure, and make them understand that failure is the mother of success, thereby enhancing their resilience.



Emotional Intelligence

Facing AI, humanity's true advantage lies in the deep understanding and creative application of emotions. Professor Peng Kaiping indicates that future talent needs five key abilities: labeling emotions, responding empathetically, mediating conflict, transforming stress, and creating meaning.

To cultivate children's ability to perceive and regulate positive emotions, parents can guide them to record "Three Good Things" daily. Have the child recall three things that made them happy or gave them a sense of accomplishment that day before bed, sharing their feelings. This helps children focus more on the positive aspects of life and enhances their perception of positive emotions.

Simultaneously, when negative emotions arise, parents should listen patiently, help the child identify the emotion, and then guide them to express it healthily through exercise, drawing, talking, etc., gradually learning self-regulation.



Cultivating Meaning of Life

The incidence of "existential anxiety" has surged among post-90s and post-00s generations. Helping children establish a value system beyond self-interest is crucial.

Neuroscience research has found that when people engage in meaningful activities, the prefrontal cortex secretes sustained "happiness hormones."

Parents can use the "Life Mission Puzzle" exercise: guide children to create a puzzle map incorporating personal interests, societal and growth potential. Through activities like community service or career experiences, they can test their assumptions and gradually clarify life direction.

Self-Awareness + Self-Control

Understanding one's strengths and weaknesses and being able to reasonably plan one's life and studies are vital guarantees for a child's self-growth.

Children with clear self-awareness can better leverage their strengths and address their shortcomings; those with self-management skills can complete learning and life tasks with self-discipline.

Parents can guide children to engage in regular self-reflection, helping them understand their personality traits, interests, and learning abilities.

Simultaneously, set goals and plans with the child, encouraging them to follow through. When goals are achieved, offer appropriate rewards; when goals aren't met, analyze the reasons together, adjust the plan, and help the child continuously improve self-awareness and self-management skills through practice.



Empathy

In today's society, good interpersonal relationships are a key factor for success. Empathy is the foundation of interpersonal interaction. Children with empathy can understand others' feelings and needs, making it easier to build positive relationships.

Parents can use stories, movies, etc., to guide children to think from different perspectives to cultivating empathy. Encourage active participation in group activities like school clubs or community volunteering, where they learn cooperation, communication, and sharing.

When conflicts arise with peers, guide the child to calmly analyze the problem, try to understand the other's viewpoint, and jointly find solutions, thereby enhancing interpersonal skills.





Ability to Focus

In the age of information overload, the ability to concentrate and learn efficiently is key to achieving excellent results and continuous progress. Focus is the foundation of learning ability; only with concentration can a child effectively absorb knowledge.

Parents can cultivate focus through small games like puzzles, building blocks, or Schulte Grids. Create a quiet, tidy study environment, minimizing distractions.

Avoid frequent interruptions while the child is studying, helping them develop focused learning habits. Additionally, guide children to master scientific learning methods, such as creating study plans or summarizing key points, to improve efficiency and enhance overall learning ability.



Gratitude & Kindness

Gratitude and kindness are among humanity's most beautiful qualities. Children possessing these traits can appreciate the warmth and beauty in life and are more likely to receive help and support from others.

Parents should lead by example, demonstrating gratitude and kindness in daily life – thanking family and friends for help, actively caring for others, participating in public service activities, etc.

Guide children to practice gratitude, helping them understand that what they have doesn't come easily and should be cherished. Encourage children to actively help others in daily life, starting with small acts, nurturing a kind heart.

These 7 key competencies for children to win the future are each crucial. As parents and educators, we must prioritize fostering these abilities in children.

Guided by positive psychology and using scientific methods, we can help them grow, enabling them to face the future with confidence, tackle various challenges calmly, and achieve a brilliant life.



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