

SUMMER SAFETY TIPS

WATER SAFETY



- ✓ Always keep children within arm's length when near water
- ✓ When boating, always wear a life jacket
- ✓ When boating, make a "float plan" and share with a friend
- ✓ Take along sunscreen and a fully charged cellphone



SUN SAFETY



- ✓ Choose sunscreen with SPF 15 (30 is even better)
- ✓ Reapply sunscreen every 2 hours or immediately after being in the water
- ✓ Wear sun protective clothing, a wide brimmed hat and sunglasses to block UV rays
- ✓ Treat sunburn with aloe and over-the-counter pain relief

HEAT SAFETY



- ✓ Drink lots of water to keep your body hydrated
- ✓ When it's hot out, avoid activities that make your body sweat more
- ✓ Know the signs of heat stroke: headaches, dizziness, nausea and vomiting
- ✓ Call 911 if these symptoms appear and move to a shaded area and hydrate



FIREWORK SAFETY



- ✓ Never hold fireworks or light them indoors and only use them away from people
- ✓ Never allow your children to handle a firework
- ✓ Keep a bucket of water nearby if you need to fully extinguish fireworks
- ✓ Watch a professional fireworks show instead

BUG SAFETY



- ✓ Apply insect repellent to keep mosquitoes, ticks and other bugs away.
- ✓ Wear long-sleeved shirts and pants and closed-toe shoes when hiking.
- ✓ Check everyone for ticks after you've spent time in grassy or woody areas.
- ✓ Avoid using scents that may attract bees or other bugs.



SAFETY FOR KIDS



- ✓ Check playground equipment for sharp points or edges
- ✓ Keep a close eye on your children at play
- ✓ Wear a bike helmet when biking or riding a scooter
- ✓ Never leave children unattended in the car