

SUMMER SAFETY TIPS

WATER SAFETY



- ✓ Always keep children within arm's length when in the water
- ✓ When boating, always wear a life jacket
- ✓ When boating, make a "float plan" and share with a friend
- ✓ Make sure you pack sunscreen and a fully charged cellphone



SUN SAFETY



- ✓ Choose a sunscreen with a SPF of at least 15 (30 is highly recommended)
- ✓ Reapply sunscreen every 2 hours or immediately after being in the water
- ✓ Wear sun protective clothing, a wide brimmed hat and sunglasses to protect from UV rays
- ✓ Treat sunburn with aloe and ibuprofen



HEAT SAFETY

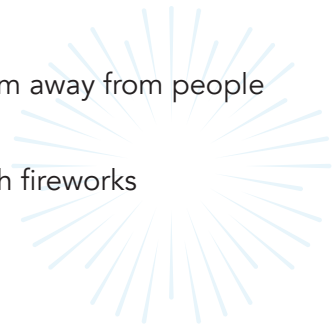


- ✓ Stay hydrated
- ✓ Refrain from intense activities during high heat
- ✓ Know the signs of heat stroke: headaches, dizziness, nausea and vomiting
- ✓ Call 911 if these symptoms appear and move to a shaded area and hydrate

FIREWORK SAFETY



- ✓ Always wear protective gear when handling fireworks
- ✓ 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
- ✓ Consider hiring an expert to handle the fireworks show



SAFETY FOR KIDS



- ✓ Check playground equipment for sharp points or edges
- ✓ Always supervise your children at play
- ✓ Children should always wear bike helmets when biking
- ✓ Never leave children unattended in the car

