

SUMMER SAFETY TIPS

FOR KIDS WHO LOVE OUTDOORS

- 1** APPLY SUNSCREEN WITH SPF 15 OR GREATER TO REDUCE THE INTENSITY OF UVRS THAT CAUSE SUNBURNS. APPLY IT 15 TO 30 MINUTES BEFORE SUN EXPOSURE.
- 2** DRINK PLENTY OF WATER AND FLUIDS WHEN YOU GO OUTSIDE TO AVOID DEHYDRATION AND KEEP THEM REFUELED.
- 3** LIMIT SUN EXPOSURE, ESPECIALLY BETWEEN THE HOURS OF 10 A.M. AND 2 P.M., UV RAYS ARE STRONGEST AT THESE TIMES ESPECIALLY ON SUMMER.
- 4** TAKING TIME TO ENSURE THE OUTDOOR PLAY AREAS AROUND YOUR HOME ARE SAFE PROTECTS CHILDREN FROM INJURIES IN THEIR OWN BACKYARD.
- 5** WHEN YOU'RE OUT ON THE TRAIL, WHETHER HIKING, CAMPING, OR HUNTING, PROTECT YOURSELF FROM MOSQUITOES AND OTHER BUGS BY USING INSECT & TICK REPELLENT.
- 6** DROWNING IS AMONG THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN. ENROLL YOUR KID ON A SWIMMING SURVIVAL PROGRAM ELSE ALWAYS SUPERVISE THEM.
- 7** NOTHING PROTECTS YOUR CHILD BETTER THAN YOUR PRESENCE. ONE OF THE SUREST WAYS TO PROTECT YOUR CHILDREN OUTDOORS IS TO PROVIDE ADULT SUPERVISION. BY KEEPING AN EYE ON YOUR CHILDREN, YOU CAN STEP IN BEFORE INJURIES OCCUR OR RESPOND QUICKLY IF PROBLEMS ARISE.





Be
Sun
Safe