

Summer Safety

Sun Safety

- Dress in cool, comfortable clothing that covers the body
- Select clothes with a tight weave
- Wear a hat that protects the face, ears and back of the neck
- Limit sun exposure between 10am and 4pm
- Wear sunglasses with 99% UV protection
- **Use sunscreen:** use a sunscreen that says “broad-spectrum” on the label with a SPF of at least 15-30, apply generously to all exposed areas on the body and reapply every two hours.

Water Safety

- Never leave children unattended near any body of water
- Use life vests near water for any child who is not able to swim
- Learn CPR
- Keep young children and toddlers in arms reach at all time
- Swim with a partner
- Swim in safe places with a lifeguard
- Drink plenty of fluids

Bike Safety

- Always wear a helmet
- Make sure your child’s bike is the appropriate size for them
- Ride with traffic
- Teach your child hand signals for biking
- Do not allow your child to ride in the dark
- Respect traffic signals

Outdoor Play

- Stay away from roads
- Keep a watchful eye on your child at all times
- Never talk to strangers
- Never get into a stranger’s car
- Buddy up