Summer Safety Tips

FUN IN THE SUN

Summer means fun in the sun! but be safe—Don’t let a heat related illness ruin your day. Always drink plenty of water and take frequent breaks when working or playing in the hot weather.

BUG SAFETY

- Don’t use scented soaps, perfumes or hair sprays.
- Avoid areas where insects nest or congregate, such as stagnant pools of water and gardens where flowers are in bloom.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks and mosquitoes, and can prevent Lyme Disease.

GENERAL WATER SAFETY TIPS

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Set water safety rules for the whole family based on swimming abilities.
- Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.