

# Summer Safety

Enjoy the summer sun while staying safe

## Heat/Sun Related Illness

Heat-related illness happens when the body's temperature control system is overloaded

Never leave infants, children, or pets in a parked car

Dress infants and children in loose, lightweight, light-colored clothing

Schedule outdoor activities carefully, for morning and evening hours

Stay cool with cool showers or baths

Drink water to stay adequately hydrated

Cover up. Clothing that covers your and your child's skin helps protect against UV rays.

Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside

## Master Water Safety

Always supervise children when in or around water

Teach kids to swim. Formal swimming lessons can protect young children from drowning

Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life

Install a four-sided fence around home pools

## Injury Prevention

Supervise young children at all times around fall hazards, such as stairs and playground equipment.

Concussions can occur in any sport or recreation activity. Learn concussion signs and symptoms and what to do if a concussion occurs

Make sure kids and teens wear the right protective equipment for their sport or recreation activity

**Have a safe summer.**