

SUMMER SAFETY TIPS

THE RISING TEMPERATURES DURING THE SUMMER MAKE IT A PERFECT TIME TO ENJOY THE OUTDOORS WITH FRIENDS AND FAMILY. HOWEVER, YOU SHOULD KEEP THESE SAFETY TIPS IN MIND SO YOU CAN FOCUS ON HAVING FUN:

FIREWORKS—READ AND FOLLOW THE MANUFACTURER'S INSTRUCTIONS WHEN USING FIREWORKS, AND KEEP THEM AWAY FROM CHILDREN AT ALL TIMES.

SWIMMING—TALK WITH LOCAL OFFICIALS OR LIFEGUARDS BEFORE SWIMMING TO MAKE SURE WATER CONDITIONS ARE SAFE.

GRILLING—MAKE SURE GRILLS ARE CONSTANTLY MONITORED AND PLACED AT LEAST 3 FEET AWAY FROM ALL OTHER OBJECTS.

HEAT AND SUN SAFETY—PROTECT YOUR SKIN FROM THE SUN BY APPLYING SUNSCREEN REGULARLY, AND BY WEARING CLOTHING WITH TIGHTLY WOVEN FABRICS, A HAT AND SUNGLASSES.

INSECT BITES AND ALLERGIES—USE WATER-PROOF INSECT REPELLANTS TO PREVENT INSECT BITES. ALSO, CONSIDER TAKING OVER-THE-COUNTER MEDICATIONS TO ALLEVIATE ANY ALLERGY SYMPTOMS.

STAYING HYDRATED—KEEP IN MIND THAT EXPOSURE TO THE SUN MAKES IT EASY TO GET DEHYDRATED. MAKE SURE TO DRINK SOME WATER EVERY 15 MINUTES, EVEN IF YOU AREN'T THIRSTY.