



CELEBRATE THE 4th OF JULY SAFELY

A few precautions can help protect your family this holiday

The Fourth of July means spending time outdoors at cookouts, parades, and fireworks shows, which means fun for everyone; however, Patient First physicians would like to remind you to take a few precautions that can help you celebrate the holiday safely.

Protect your skin from the sun's harmful ultraviolet (UV) rays using these tips:

- Always use a broad spectrum sunscreen with a minimum of 30 SPF, even when it is cloudy. Reapply at least every two hours.
- Avoid uninterrupted sun exposure between 10am and 4pm whenever possible.
- Cover up when you can with long-sleeved shirts and pants.
- Hats are fine, but remember baseball caps won't protect your ears and neck from the sun.

Fireworks are spectacular. However, they can cause serious injuries. Here are 5 tips from the National Safety Council to help protect yourself.

- Sparklers cause most fireworks injuries. They burn at high temperatures and can cause severe burns. Do not let small children handle sparklers. Dispose of burned out sparklers in a bucket of water.
- Stay away from ground based "sparkler" devices. If one does not go off as expected, douse the device with water before approaching.
- Distance is important at public fireworks displays. Do not get too close to the launch site in case something goes wrong.
- Do not pick up fireworks debris at these displays.
- Do not consume alcohol while using fireworks.

All Patient First Medical Centers are open from 8 a.m. until 8 p.m. on the Fourth of July and every day of the year. Patient First physicians are available to talk about injury prevention and treatment, either in-person or via Zoom. Please contact Victoria Soriano at (571) 340-1594 or email Victoria.Soriano@patientfirst.com for interviews.

About Patient First

All Patient First Medical Centers are open 8 a.m. to 8 p.m. every day of the year, including holidays. Patient First provides non-appointment urgent care for routine injuries and illnesses, primary care for patients who do not have a regular physician, as well as telehealth services. Each Patient First center has on-site digital x-ray, on-site laboratory, and on-site prescription drugs. Patient First currently operates medical centers in Virginia, Maryland, Pennsylvania, and New Jersey.

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