

# CELEBRATE THE 4TH OF JULY SAFELY

A few precautions can help protect your family this holiday.

## SUN SAFETY 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.
- 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 SAFETY TIPS

- Sparklers cause most fireworks injuries. They burn at high temperatures and can cause severe burns. Keep away from small children and 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.

(Source: National Safety Council)

**Patient First<sup>®</sup>**