



Summer Safety Tips

Prevent Sun Damage

Wide brimmed hats, sunglasses and tight weave cotton clothing block 99 to 100 percent of UVA/UVB rays. Avoid sun exposure between 10 AM and 4 PM. Use a sunscreen with an SPF of 15 or greater. Apply one ounce at least 30 minutes before going outside, even on cloudy days.

Stay Hydrated

Drink about a cup of water every 30 minutes on hot days and limit caffeinated and sweetened beverages.

Avoid “Leaves of Three”

"Leaves of three, let them be" can prevent allergic reactions to poisonous plants. Wash any exposed area/clothing that has come into contact with warm/hot water.

Take the Sting out of Bug Bites

Apply repellent to exposed skin but wash it off when you return indoors. Limit use of DEET and apply to clothing rather than skin when possible. Insect repellents don't protect against wasps, bees, and fire ants.

Be Diligent about Water Safety

'Buddy up' in and on the water. Swim in safe areas avoiding strong currents. Know where you are diving. Avoid alcohol; it impairs judgment. Wear Coast Guard approved life jackets. Stay in touch with somebody on land when on the water.

Pack a Safe Picnic

Keep perishable foods in coolers at 40 degrees Fahrenheit. Use separate coolers for drinks to prevent warming of food cooler. Eat takeout food within 1 hour of pick up. Discard leftovers and perishable food that has been sitting out of an hour or two. Pack raw meats, poultry and seafood on the bottom of cooler to avoid dripping on other food. Use cleaned platters for cooked food.

Storm Safety

Immediately seek a safe shelter when you hear thunder. If your skin tingles or your hair stands on the end, a lightning strike may be about to happen. Crouch down on the balls of your feet with your feet close together. Keep your hands on your knees and lower your head. Get as low as possible without touching your hands or knees to the ground. **DO NOT LIE DOWN!**

If you are swimming, fishing or boating and there are clouds, dark skies and distant rumbles of thunder or flashes of lightning, get to land immediately and seek shelter.

If you are in a boat and cannot get to shore, crouch down in the middle of the boat. Go below if possible.

If you are on land, find a low spot away from trees, metal fences, pipes, tall or long objects.

If you are in the woods, look for an area of shorter trees. Crouch down away from tree trunks.

Fireworks Safety

Fireworks can result in severe burns, scars, and disfigurement that can last a lifetime.

Fireworks such as sparklers, reach temperatures above 1,000 degrees F, and can burn users and bystanders. Consider attending professional fireworks displays instead of using fireworks at home.

Information provided by St Paul's Health Ministry