

Stay Safe This Summer

Longer days and warmer weather mean it's a great time for you to get out with your kids and move more. While you're outdoors having fun, take care to help keep your kids safe this summer.

- **Be careful of the sun and heat.** Never leave a child in a parked car. Limit outdoor activities during the hottest part of the day, 10 a.m. to 3 p.m. Use a sunscreen of at least 15 SPF and reapply every two hours.
- **Watch out for bugs and poisonous plants.** Use an effective insect repellent to prevent mosquito and tick bites that can spread disease. Learn to spot poison ivy and oak and stay away.
- **Make water safety a priority.** Teach your child to swim. Never leave them alone when they are near or in the water. Learn CPR.
- **Drink up.** During any outdoor activity, make sure everyone is getting the proper liquids to stay hydrated.

Enjoy family fun time outdoors this summer. And stay safe!

Source: Centers for Disease Control and Prevention

