



Summer Safety

TIPS

Sun Safety

- Limit your sun exposure between the hours of 10am and 4pm.
- Wear a hat and sunglasses with UV ray protection.
- Apply sunscreen with a sun protection factor (SPF) of at least 15.
- Apply sunscreen every two hours, or after swimming or sweating.

Heat Safety

- Reduce the intensity of activities 15 minutes or longer in length
- Make sure you are well-hydrated
- Limit outdoor activity
- Allow your body to acclimate to the change in temperature