

# SUMMER SAFETY TIPS

THE RISING TEMPERATURES DURING THE SUMMER MAKE IT A PERFECT TIME TO ENJOY THE OUTDOORS WITH FRIENDS AND FAMILY. HOWEVER, YOU SHOULD KEEP THESE SAFETY TIPS IN MIND SO YOU CAN FOCUS ON HAVING FUN:

**FIREWORKS**—READ AND FOLLOW THE MANUFACTURER'S INSTRUCTIONS WHEN USING FIREWORKS, AND KEEP THEM AWAY FROM CHILDREN AT ALL TIMES.

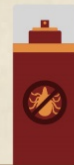
**SWIMMING**—TALK WITH LOCAL OFFICIALS OR LIFEGUARDS BEFORE SWIMMING TO MAKE SURE WATER CONDITIONS ARE SAFE.



**GRILLING**—MAKE SURE GRILLS ARE CONSTANTLY MONITORED AND PLACED AT LEAST 3 FEET AWAY FROM ALL OTHER OBJECTS.

**HEAT AND SUN SAFETY**—PROTECT YOUR SKIN FROM THE SUN BY APPLYING SUNSCREEN REGULARLY, AND BY WEARING CLOTHING WITH TIGHTLY WOVEN FABRICS, A HAT AND SUNGLASSES.

**INSECT BITES AND ALLERGIES**—USE WATER-PROOF INSECT REPELLANTS TO PREVENT INSECT BITES. ALSO, CONSIDER TAKING OVER-THE-COUNTER MEDICATIONS TO ALLEVIATE ANY ALLERGY SYMPTOMS.



**STAYING HYDRATED**—KEEP IN MIND THAT EXPOSURE TO THE SUN MAKES IT EASY TO GET DEHYDRATED. MAKE SURE TO DRINK SOME WATER EVERY 15 MINUTES, EVEN IF YOU AREN'T THIRSTY.