

Avoid these Common Summer-related Accidents and Illness

- **Dehydration** – Drink plenty of water and avoid sugary, caffeinated beverages
- **Burns** – Use caution when handling flammable liquids, fireworks, or open flames such as campfires or grills
- **Outdoor injuries** – Water activities need monitored by an adult who knows CPR and remember any safety gear for activities like bike riding and hiking
- **Food poisoning** – Don't eat food if left out for > 1 hour if more than 90°F
- **Sunburn: Use Sunscreen to Prevent Sun Damage**
 - SPF 30 + Broad spectrum and water proof sunscreens are preferred
 - Apply to dry skin 15 minutes before going outside
 - Reapply about every 2 hours, after swimming or excessive sweating
 - Don't forget your ears, tops of your feet, neck and top of the head
 - Everyone needs sun protection regardless of age, gender, or skin tone.

Summer Health Do's and Don'ts

Do:

- Stay hydrated: Drink at least 8 glasses of water a day
- Stay indoors during times of extreme heat. Usually from 10am to 2 pm
- Wear loose fitting clothing
- Protect your Skin with Sunscreen
- Know the signs of heat related illness such as dehydration, heat stroke and heat exhaustion

Don't:

- Overdo caffeinated or other beverages as they can leave you dehydrated quickly;
- Forget to use a fan or air conditioner
- Wear darker colors that attract the sun
- Forget to wear a hat and glasses
- Hesitate to take immediate action if you feel any symptoms



Remember to get your annual skin check with your primary healthcare provider or dermatologist