

# Summer Safety

## Stranger Safety



- Use the "buddy" system and stay together.
- Always make sure a trusted grown-up is watching.



## Bike Safety

- Always wear a helmet.
- Look both ways before crossing a street and follow crosswalk instructions.
- Only ride on sidewalks or bike paths free of cars.



## Water Safety

- Never swim without adult supervision.
- Never run on a pool deck.
- Wear a life vest when boating.



## Sun Safety

- Always wear sunscreen on SPF 30 or higher.
- Reapply sunscreen every 2 hours.
- Wear sunglasses to protect eyes from UV rays.



## Stay Hydrated

- Drink plenty of water to prevent dehydration.
- Symptoms of dehydration: thirst, dizziness, confusion, fatigue, dry skin/mouth, less frequent urination, increased heart rate.