



Summer Safety Tips

Use Sunscreen

When the sun's out, put sunscreens on. Apply sunscreen every two hours with an SPF (sun protection factor) of at least 30.



Stay Hydrated

Water is your best summer friend. Drink 8 ounces every 15-20 minutes during the heat. Stay hydrated by drinking throughout the day, even if you're not thirsty.



Pace Yourself

Enjoy your outdoor activities at a slow and steady pace with plenty of breaks in the shade. Take it easy in the summer heat.



Stay Informed & Connected

Keep an eye on weather forecasts and heat advisories. Stay connected with friends, family, neighbors, & community centers, especially when it's hot.



Be Mindful of Medications

Some medications can increase sensitivity to the sun or affect hydration levels. Consult your healthcare provider about any potential side effects in the summer heat.

