TIPS FOR SUMMER SAFETY

Enjoy a Safe and Fun Summer
Stay Cool in the Summer Heat

On hot days, your body struggles to stay cool. Regulating body temperature is especially hard for young children and the elderly. Never leave anyone or any animal in a parked car for any amount of time, even if the windows are cracked.

What can you do to stay cool?

• Stay hydrated
• Dress in loose, light-colored, lightweight clothing
• Exercise or enjoy the outdoors in the morning and evening hours when temperatures are lower
When Temperatures Rise, Hydrate!

- When working or exercising outside in the heat, drink 1 cup (8 oz.) of water every 15 to 20 minutes.
- If you’re outside and sweating for several hours, be sure to drink water or sports drinks with balanced electrolytes.
- Eat foods with high water content.
- Avoid sugary beverages, alcohol and drinks with high caffeine or sugar.
Prevent heat exhaustion by recognizing the symptoms and acting quickly to treat it.

Symptoms include:
- Heavy Sweating
- Weakness
- Cold, pale, clammy skin
- Weak, rapid pulse
- Fainting
- Nausea, vomiting

What you should do:
- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited, and it continues, seek medical attention immediately
Prevent heat stroke by recognizing the symptoms and acting quickly to treat it.

**Symptoms include:**
- High body temperature (greater than 103°F)
- Hot, red skin (can be dry or moist)
- Strong, rapid pulse
- Possible unconsciousness

**What you should do:**
- Call 911 immediately
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids
According to the CDC, one in five people who die from unintentional drowning are children 14 and younger.

Here are some tips to stay safe in the water:

• Never swim alone or in unsupervised locations
• Never drink alcohol before or while swimming
• Always supervise children when in or around water
• Formal swimming lessons can protect young children from drowning
• Learn about “dry drowning” and “secondary drowning” in young children. Though rare, it happens hours or days after a child swallows water
Don’t Mix Booze and Boating

- Boating and alcohol are a deadly combination
- Wear a life jacket every time you and your loved ones are on the water
- Take a boat operators course to learn about safe boating operation and navigation
According to the CDC, food-related illnesses sicken 48 million Americans each year. More than 128,000 people are hospitalized and 3,000 die each year from foodborne illness.

During picnic and grilling season, be vigilant about food safety by:

• Cooking meat, poultry and seafood thoroughly. Check the temperature with a meat thermometer before eating
• Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry
• Set foods out right before eating and refrigerate leftovers as soon as possible as bacteria grows quickly in the heat
Soak Up the Sun Safely

**Skin cancer is the most common form of cancer in the U.S.**

Protect your skin from the sun’s harmful ultraviolet (UV) rays by:

- Staying indoors between 10 a.m. and 2 p.m., when the sun is the strongest
- Cover up with protective, breathable clothing
- Use sunscreen with at least SPF 15 protection, even on cloudy or overcast days
**Bugs Buggin’ You?**

*Protect yourself* and your family by preventing insect bites that can carry disease like West Nile virus, Lyme disease and Zika.

- Use an effective insect repellent while outdoors by using products registered with the U.S. Environmental Protection Agency (EPA)
- Bug repellents that contain DEET provide long-lasting protection.
- Check yourself and your children for ticks after a day outside.
More Information?

Check out these summer safety resources:
• [www.health.mil’s](http://www.health.mil) summer safety web page
• [Operation Live Well’s Grill and Chill cookbook](http://www.operationlivelife.org) for healthy summer picnic and grilling recipes
• [FEMA’s 101 Critical Days of Summer](http://www.fema.gov)
• [American Red Cross water safety](http://www.redcross.org) tips