

# Summer Safety Tips!

Updated August, 2018

## Sun Safety

- Wear plenty of sunscreen (SPF 30 or higher), and reapply every 2 hours.
- Avoid the sun during peak hours (10:00am to 2:00 pm), if possible.
- Wear a hat to protect face, ears, and neck and sunglasses to protect your eyes.

## Preventing Dehydration

- Stay in cool, shaded areas or in an air-conditioned room, if possible.
- Consume plenty of fluids (8-10 glasses of water/day)
  - o When outside on hot humid days, drink water every 20 minutes to prevent heatstroke\*
- Consume foods high in water such as fruits and vegetables
- Avoid caffeine (coffee, tea, soft drinks) and alcohol
- Limit exercise. If you do exercise, drink extra water.

## Medication Safety

- When taking certain medications, exposure to the sun can cause serious side effects. Always check with your Health Care Provider/Pharmacist when you get a new prescription for interactions with sun exposure.
- Some of the most common medications that cause sun sensitivity include: antibiotics, antidepressants, antifungals, antihistamines, antihypertensives, cholesterol drugs, chemotherapy drugs, diuretics, neuroleptic drugs, nonsteroidal anti-inflammatories, retinoids, and sulfonamides

## Water Safety

- Never swim alone and swim in supervised areas only
- Obey "No Diving" signs
- Watch children carefully: the younger the child, the greater the risk.
- Do not swim under the influence of alcohol or other drugs.

## Bugs & Pests

- Avoid being outdoors at dawn or dusk, when flying bugs and mosquitoes are most active.
- Use Environmental Protection Agency- registered insect repellent with DEET when going into wooded areas
- Wear long-sleeve shirts and long pants, when possible.
- If stung by a bee, wasp or hornet remove stinger promptly. Wash area and apply ice. If allergic, use epi-pen or head to emergency room.

## Ticks

- Avoid walking in tall grass or wooded areas – stay on trails and wear long pants/sleeves.
- Check your whole body for ticks in all those places that ticks love to hide: in your hair, under your arms, behind the knees and even in your belly button.
- If you find a tick remove it completely with tweezers. Clean the bite area with rubbing alcohol, an iodine scrub, or soap and water.
- If you develop a rash or flu-like symptoms, seek prompt medical attention.

## Barbeque Safety Tips

- Before using a gas grill, check the connection between the propane tank and the fuel line to make sure it is not leaking and is working properly.
- Make sure the grill is at least 10 feet away from the house, garage, or trees.
- Store gas tanks away from the building.
- Don't use gas or charcoal grills indoors.
- Have a fire extinguisher close by while cooking.
- Use long handled barbecue tools and/or flame resistant mitts while grilling.
- Never use any flammable liquid other than a barbecue starter fluid to start or freshen a fire.
- Never pour or squirt starter fluid onto an open flame. The flames can easily flashback along the fluid's path to the container in your hands.
- Keep children and pets away from grills.
- Never leave the grill unattended if it is on and/or still hot/warm.
- Wait for the grill to cool before covering.

(\*) Heatstroke: when the body is unable to properly cool itself by sweating. If heatstroke is not treated quickly it can have serious consequences.