



Sun Safety for Kids

- Use a high-quality sunscreen.
- Be mindful of the UV index.
- Keep babies out of direct sunlight.
- Limit exposure when sun is most intense.



Heat-related illnesses

- Hydrate, hydrate, hydrate – before you get thirsty.
- Alcohol is not a substitute for water.
- Take breaks if working in extreme heat.
- Call 911 if signs of heat stroke are present.



Water Safety

- ALWAYS supervise children around water.
- Drowning is a leading cause of death among young children and babies.
- Nearly half of all pool drownings are children 4 and under.
- Always enter a body of water, including a pool, feet first.



Summer & COVID-19

- Use breathable materials (cotton) for summer mask use.
- Avoid crowded outdoor spaces where social distancing isn't possible.
- Consider packing a spare mask in a sandwich bag.