



Stay Safe This Summer!

Protect your family and loved ones by following these simple guidelines:

- Learn to Swim if you're going to be around water and never swim alone.
- Use SPF 35 sunscreen everyday and reapply frequently when in direct sunlight.
 - Know how to prevent, recognize and respond to emergencies.
 - Learn CPR and have an emergency preparedness kit on hand.
- Stay hydrated - drink plenty of water regularly and limit alcohol intake.
 - Watch for signs of heatstroke, which can be life-threatening.
- Protect your eyes - wear sunglasses that block out at least 90% of UV rays.
 - Maintain electrical wiring systems and working fire alarms.
 - Don't use wet electrical appliances.
- Practice a fire escape plan and never leave an open flame unattended.

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