



Summer Safety



As you enjoy the great weather it is important to remember to protect yourself and your loved ones.

When you are outside this summer remember to apply your sunscreen. It can save you from a painful burn and protect you from diseases like cancer. According to the Occupational Safety & Health Administration, a sunscreen lotion with a sun protection factor (SPF) of at least 15 will block 93% of ultraviolet rays. Consider also wearing a wide-brimmed sunhat and sunglasses to further protect your head and eyes from the harmful rays of the sun.

Ensure that children and vulnerable adults are protected as well. Assist with sunscreen application when and where needed. When swimming and boating, remember the sun will reflect and be intensified. Your pets can sunburn too! Remember to protect them with pet-friendly sunscreen that is safe if ingested and do not leave them in yards without access to shade.

When possible, stay indoors or in a shaded place while the sun is at its most intense. This usually will be midday from around 10 A.M. and 4 P.M. Wear light colored, loose, lightweight clothing. Never leave children, dependent adults, or pets in a warm car for any reason, for any length of time.

Stay hydrated and cool by drinking lots of water throughout the day. Stay away from alcoholic beverages and caffeine. Offer frequent reminders to children and dependent adults to ensure they are drinking enough too. If taking companion animals out for a while, make sure you have a way to provide water to them too.

If you know of an older, or otherwise vulnerable neighbor, please check on them on hot days. Offer to drive them to a public library where they can avoid the heat for a while if they do not have air conditioning. Encourage them to take steps to stay safe.

For information on recognizing and treating heat stroke, please click [here](#).

For information on heat stroke in pets, please click [here](#).

Your well-being is my top priority. Make sure you, your friends, family, and loved ones are protected. Taking these simple steps can ensure that we all have a safe and fun summer!