



FUN AND BREEZY

Summer's here and it's time to enjoy the outdoors to the fullest. Just remember to put safety first:

- Re-apply sunscreen
- Drink water regularly
- Supervise children around water
- Take breaks from the heat
- Protect your eyes from UV rays
- Use the buddy system for safer swimming

For more tips in summer safety visit:

[FOH.hhs.gov/SummerSafety](https://www.foh.hhs.gov/SummerSafety)



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