



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)



Fedstrive

