

Summer Safety:

WHAT'S IN YOUR BAG?

WHEN PACKING YOUR BAG FOR THE POOL, PARK OR BEACH, DON'T FORGET THESE ITEMS!

SUNSCREEN



30

The **sun protection factor (SPF)** recommended for **everyone** by the American Academy of Dermatology.

1 ounce

The **amount of sunscreen** to **apply every two hours**



10 a.m.–4 p.m.

The hours during which **UV rays are at their strongest** and **outdoor activities** should be avoided

CHOOSE BROAD-SPECTRUM SUNSCREEN TO GUARD SKIN AGAINST ULTRAVIOLET (UVA AND UVB) RAYS.

WATER



High temperatures outside can cause dehydration. Keep water at hand and watch for these **dehydration symptoms**:



DRY MOUTH



COOL OR CLAMMY SKIN



HEADACHE



MUSCLE CRAMPS

SUNGLASSES

Pack **UV-blocking sunglasses** for you and your children to avoid problems like **vision damage**, **cataracts** and **eye cancer**.



Polarization refers to glare reduction and is not the same as **UV protection**.

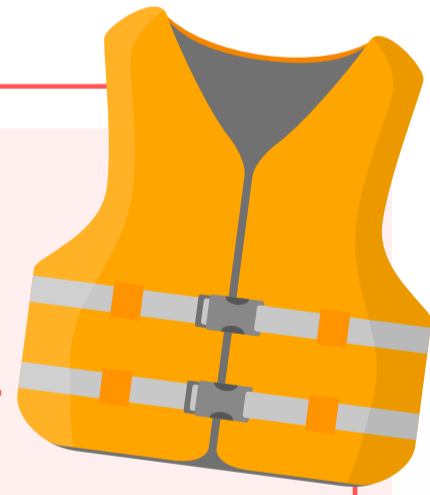
LIFE JACKET

3

The **number of children** who die each day from **drowning**

1–4

The **ages at which children** are most at risk for **drowning in swimming pools**



ENROLL YOUR KIDS IN SWIM LESSONS. SWIMMING IS A LIFELONG SKILL THAT COULD SAVE A LIFE.

BUG SPRAY

Invest in **bug spray** that contains **DEET** and is registered by the Environmental Protection Agency. DEET repels biting bugs, including ticks and mosquitoes.



Ticks can carry

- Lyme disease
- Anaplasmosis
- Babesiosis



Mosquitos can carry

- Zika virus
- West Nile virus
- Dengue fever

