



healthy choices



live well. be well.

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

## Beat the heat and sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

Dress infants and children in loose, lightweight, light-colored clothing.

Schedule outdoor activities carefully, for morning and evening hours.

Stay cool with cool showers or baths.

Seek medical care immediately if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Cover up. Clothing that covers your and your child's skin helps protect against UV rays.

Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.



## Water safety

Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. Everyone should know the basics of swimming (floating, moving through the water) and cardiopulmonary resuscitation (CPR).

Make life jackets a must.

Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim. Life jackets can be used in and around pools for weaker swimmers too.

## Bug Bites and Ticks

Protect yourself and your family by preventing bites and diseases, like Zika, West Nile virus and Lyme disease, which can be transmitted by insects.

Use an effective insect repellent while playing outdoors. Make your backyard a tick-safe zone.

Check yourself and your children for ticks. Ticks are easy to remove.





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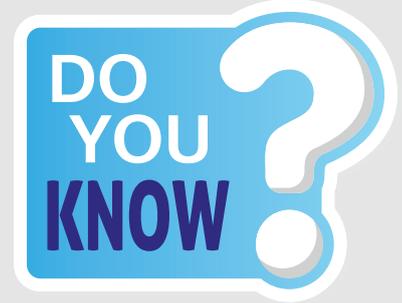
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