

# Staying Healthy and Safe in the Summer

*Summer brings sun and fun. It also brings some potential harm to your health and safety. Following the guidelines below will help you stay alert and safe this summer.*



STAY  
SAFE

ENJOY  
SUMMER  
FUN

**Fun in the Sun** - Keep sunscreen, additional layers of clothing, sunglasses, and a hat on hand. The hot sun can leave you dehydrated and dizzy, so always carry a refillable water bottle. If you are being active in the sun, it's even more important to stay hydrated!

**Grilling Safely** - The grill is the centerpiece of many summer gatherings—and for good reason! But despite how tasty grilled foods may be, gas and charcoal grills account for an average of 10 deaths, 100 injuries, and \$40 million in property loss each year. To avoid injuries, keep these safety recommendations in mind:

- Keep small children and pets far away from the grill.
- Keep the grill at least three feet away from other objects.
- Place a fire extinguisher nearby and know how to use it.
- Check the connection between the tank and fuel line to ensure there are no leaks.
- Use the grill only in ventilated, open spaces.

**Bug Off!** Protect yourself and your family from harmful bug bites and potential diseases such as Zika and Lyme disease. Invest in effective insect repellent and apply it according to the instructions whenever you spend time outdoors.

**Water Safety** - Among young children, drowning remains a leading cause of death. Children should not swim or play near large bodies of water without supervision. Teach your kids about water safety as soon as they show interest in being in the water. They should learn to swim from a qualified instructor, always wear a lifejacket when appropriate, and never dive into shallow water.

**Allergy Control** - If you suffer from allergies, take prescribed or over-the-counter medicine to help reduce symptoms and discomfort. On particularly symptomatic days, stay inside where the air is cleaner. Change your air conditioning filters every three months and consider buying an air purifier.

References:

CDC: <https://www.cdc.gov/family/kids/summer/index.htm>

U.S. Fire Administration: <https://www.usfa.fema.gov/data/statistics/reports.html>

World Health Organization: <http://www.who.int/mediacentre/factsheets/fs347/en/>