



Summer Safety Checklist



Sun Safety

- Use sunscreen
- Wear a hat and sunglasses
- Stay in the shade if you get too hot
- Drink plenty of water



Insect Safety

- Use bug spray
- Wear clothes that cover arms and legs
- Shower and check your whole body for ticks



Bicycle/Skateboard Safety

- Wear a helmet when you bike or skateboard
- Keep on light colored clothing
- Use hand signs while riding
- Look both ways before crossing the street
- Obey all traffic signs and signals



Water Safety

- Swim with an adult or buddy
- Do not swim when you are sick
- Try not to swallow water
- Only dive off the diving board
- Swim where a lifeguard can see you
- Face the waves, instead of turning your back on them



Food Safety

- Wash your hands with warm soapy water before and after every meal
- Eat lots of fruits and vegetables everyday

