



ACTION STEPS FOR HEALTH & HAPPINESS

Plan for summer safety



- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher.
- Wear sunglasses that block both UVA and UVB rays.
- Learn to swim and teach your children how to swim.
- Check the depth of the water before diving into a pool. Don't dive into water that is less than 9 feet deep. Never dive into an above-ground pool.

Dos

- Watch a professional fireworks display in person or on TV.
- Wear and have children wear a personal flotation device when you are on a boat, water ski, etc.

Don'ts

- Don't play with fireworks or let your children play with fireworks.
- NEVER leave a child alone near a pool or water, not even for a few seconds.