

# Safe and Fun

### Summer safety tips that can be no sweat to follow:

## Don't let bugs take a bite out of warm weather fun.

- Use insect repellant.
- Remove standing water.
- Wear protective clothing.

### Don't get heated.

- Drink water to stay hydrated.
- Wear lightweight, light-colored and loose fitting clothing.
- Never leave children or pets unattended in the car, especially in the heat.

# Let the sun shine.

- Apply "broad-spectrum" sunscreen every day with an SPF of 30 or higher and reapply if sweating or swimming.
- Wear sunglasses with UV protection and a hat.
- Avoid direct rays from 10am to 2pm.

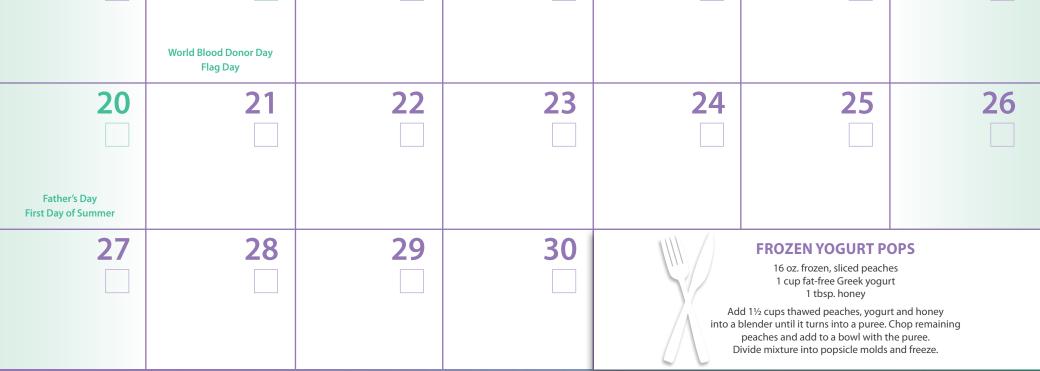
# **SELF-CARE**

Create wonderful memories that can last a lifetime.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 2021   S M T W TH F S   2 3 4 5 6 7 8   9 10 11 12 13 14 15   16 17 18 19 20 21 22   23 24 25 26 27 28 29   30 31 14	July 2021   S M T W TH F S   4 5 6 7 8 9 10   11 12 13 14 15 16 17   18 19 20 21 22 23 24   25 26 27 28 29 30 31	1	2	3	4	5
			Global Running Day	Bicycle Day		
6	7	8 National Best Friends Day	9	10	11	12
13	14	15	16	17	18	19

## CHALLENGE: STAY SUNBURN FREE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.



# JUNE-2021

#### Observances: Fireworks Safety | Brain Awarenes | Cataract Awareness | Men's Health | National Safety