

Celebrate the Summer

Happy July! Celebrate the summer but do so safely. Think ahead and be prepared before you get in the water, head out for a hike or fire up the grill.



Protect Yourself from the Sun

Sunburns, skin cancer and heat-related illnesses are annual health risks. Apply broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Reapply it every two hours, or more often if you're swimming, drying yourself with a towel or sweating a lot. Cover yourself with clothes – or towels – that protect your skin.



Be Safe on the Water

Whether enjoying a ride on a motorized boat, paddling a kayak or wakeboarding, wear a properly fitted life jacket and make sure your equipment is in good working order. Don't drink or use drugs when you're driving or riding in a boat. If you see a storm brewing, get off the water ASAP.



Grill Smart, Stay Safe

Grilling and smoking can be one of life's simple pleasures, but there's also the potential for safety issues. Place grills and smokers away from the home, deck railings and eaves and overhanging branches. Keep your grill clean to prevent flareups. Always attend your grill and have a fire extinguisher handy. Only use proper starter fluids when igniting coals.



Stay Bite Free

Mosquitoes, ticks, bees and hornets can make you sick. Avoid stagnant water, where insects congregate. Avoid heavily wooded areas where ticks hang out. Use environmentally friendly insect repellants or make your own with lemon eucalyptus oil. Finally, don't wear bright clothing, perfumes or use scented soaps because they all attract bugs.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

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