

## SAFETY TIPS FOR THE SUMMER

Summer is here! This means having fun in the sun! But it's going to be hot. While engaging in and enjoying outdoor activities with family and friends, it's also important to stay safe. As the temperatures rise, so will the risk for some heat-related sickness. Prevention is key. So keep hydrated and avoid alcoholic and caffeinated beverages. Outdoor activities are best in the early morning and early evenings. Most importantly, do not leave children and pets alone in your car.

The American Red Cross offers some tips and resources for the entire family this summer:

### Water Safety

1. Be water smart. Learn how to swim.
2. Prevent unsupervised access to water.
3. Adults should actively supervise children and stay within arm's reach of young children and new swimmers. Kids should follow the rules.
4. Always wear a properly fitted U.S. Coast Guard-approved life jacket when on a boat and if in a situation beyond someone's skill level.

5. Swim in pairs near a lifeguard's chair — everyone, including experienced swimmers should swim with a buddy even in areas supervised by lifeguards. Always maintain constant attention and actively supervise children even when lifeguards are present.

### Grilling Safety

1. Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
2. Never grill indoors — not in the house, camper, tent or ANY enclosed area.
3. Make sure everyone, including pets, stays away from the grill.
4. Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
5. Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.



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Though things are changing, it's still important to follow the Covid-19 guidelines. Remember to review the latest CDC guidelines before heading out.

For more information and more safety tips, please visit the following:

- <https://www.redcross.org/about-us/news-and-events/news/2021/steps-you-should-take-to-help-stay-out-of-harms-way.html>
- <https://abc7.com/summer-2021-accuweather-heat-wave-hot-weather-tips/1435751/>