



STAY SAFE ALL SUMMER LONG

Summer is officially here! After months of chilly winds, heavy snow and endless rain, we can finally embrace the warmth and sunshine of the season. While it's the perfect time to enjoy the outdoors, it's important to remember your health, safety and well-being should remain top priorities. Follow these tips to make the most of summer while staying safe and healthy.



Sources:

[1AAD.Org/Public/Everyday-Care/Injured-Skin/Bites/Prevent-Treat-Bug-Bites](https://www.aad.org/public/everyday-care/injured-skin/bites/prevent-treat-bug-bites)

[2Cancer.Org/Cancer/Risk-Prevention/Sun-And-UV/UV-Protection.html](https://www.cancer.org/cancer/risk-prevention/sun-and-uv/uv-protection.html)

[3RedCross.Org/Get-Help/How-To-Prepare-For-Emergencies/Types-Of-Emergencies/Summer-Safety](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety)

→ MANAGE BUG BITES

While most insect bites are harmless, some can spread illnesses like malaria or Lyme disease.¹

- Use insect repellent containing DEET (N, N-diethyl-meta-toluamide)
- Stay informed about outbreaks and follow travel guidelines
- If bitten or stung:
 - Apply an ice pack or anti-itch cream to reduce swelling or itching
 - Take an over-the-counter pain reliever for discomfort

→ PROTECT YOUR SKIN FROM THE SUN

Caring for your skin supports lasting health and can reduce the risk of serious conditions, like melanoma.²

- Seek shade often and limit direct sunlight exposure
- Apply sunscreen generously and reapply every two hours, more often if sweating or swimming
- Wear dark, long-sleeve shirts and pants for maximum UV protection

→ ADDRESS INJURIES APPROPRIATELY

Being prepared for injuries can make all the difference in staying safe outdoors.

- Always pack a first-aid kit when traveling³
- Contact emergency services when an injury is serious or life-threatening
- Learn basic medical skills, like CPR, in case help is delayed

→ TAKE PROPER SAFETY PRECAUTIONS

Follow safety guidelines to help ensure your well-being and prevent unforeseen events.

- Share your travel plans and location with friends or family
- Stay in designated areas and with a responsible companion, especially when swimming or hiking
- Keep open flames away from enclosed spaces and have a fire extinguisher on hand

→ PREVENT ILLNESS

Adopting simple sanitary habits can help you stay safe and feel your best all summer long.

- Wash and sanitize hands regularly
- When preparing meals, keep raw meat away from ready-to-eat food, like salad, to avoid cross contamination
- Always make sure to stay hydrated, rested and well-nourished