

Summer Safety

Summer is your chance for lots of fun in the sun! By keeping a few things in mind, you can stay safe while enjoying every day of your summer.



Sun safety

- The best way to avoid sunburn is to stay out of the sun between 10 AM and 4 PM.
- When you are in the sun, your best protection is a wide-brimmed hat, sunglasses, and long clothing.
- Use sunscreen on all exposed skin (at least SPF 30), even on cloudy days. Apply sunscreen 15 minutes before going outside, then again every 2 hours and after swimming or sweating.

Heat safety

With too much exposure to heat, you can develop heat exhaustion, which can get worse and become heatstroke. Symptoms include thirst, fatigue, headache, nausea, and vomiting. To avoid this, remember to:

- Stay out of the heat when you can, especially midday.
- Drink lots of water, and avoid alcohol.
- Wear loose clothing and a hat.
- Pace yourself when exercising in the heat.

Water safety

- Children should always be supervised by an adult while swimming. If a child is missing, check the water first.
- Only jump or dive into the pool where you know the water is deep enough.
- Always walk near pools, don't run. Don't push or mess around with friends.
- Adults and children should wear a life jacket at all times on a boat. Young children and non-swimmers should wear a life jacket when around water.

Outdoor safety

- To avoid bites from ticks and mosquitoes, use insect repellent with DEET or permethrin. Wearing long clothing is also helpful.
- When spending time outdoors in the summer, bring plenty of water, sunscreen, and a friend!



West Windsor Health Department ■ (609) 936-8400

serving the communities of West Windsor ■ Robbinsville ■ Hightstown