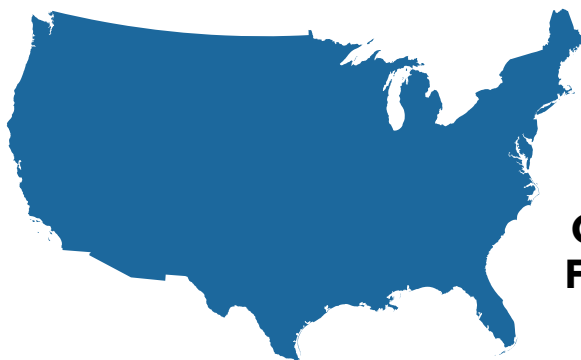


SUMMER SAFETY

74%¹

OF DROWNINGS IN THE US ARE CHILDREN YOUNGER THEN 15.



658¹

AVERAGE NUMBER OF PEOPLE THAT DIE FROM HEAT-RELATED ILLNESSES EACH YEAR IN THE US.

WATER SAFETY²

- Assure kids get swimming lessons.
- Make sure kids wear a life jacket.
- A kiddie or inflatable pool can be a great way to have fun, but be sure to provide constant supervision to kids in and around the water.

HOT CARS⁵

- Look in the backseat before you lock your car door.
- Keep a stuffed animal in the child's car seat. Place it on the front passenger seat as a reminder when the child is in the back seat.
- Put safety measures in place to assure your child does not have access to the vehicle.

DON'T GET BIT⁴

- Use bug spray containing 10% to 30% DEET for children 2 months or older (don't use on younger children).
- Don't use scented soaps, perfumes or hair sprays on your child.
- In evenings, cover up with long-sleeved shirts, pants and socks to prevent bites when possible.
- Dump out bird baths, buckets, fish ponds, or baby pools regularly to avoid turning your yard into a mosquito nursery.



BEAT THE HEAT³

- Drink plenty of water throughout the day.
- Take frequent breaks if working outside.
- Wear light -weight, light-colored loose-fitting cloths.
- Use a broad spectrum sunscreen with at least SPF 15.
- Re-apply sunscreen after about 2 hours after swimming or sweating.
- Check the sunscreen's expiration date.

Everyone should continue to take all the precautions recommended by the Centers for Disease Control and Prevention (CDC).

This includes social distancing, hand-washing, and using face coverings to help prevent the numbers of cases of COVID-19 from increasing and people getting infected.

Sources:

1. <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning>
2. <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning> <https://www.redcross.org/local/south-carolina/about-us/news-and-events/press-releases/summer-safety-amid-covid19.html>
3. <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/> <https://familydoctor.org/condition/heat-exhaustion-heatstroke/>
4. <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx>
5. <https://www.nsc.org/road-safety/safety-topics/child-passenger-safety/kids-hot-cars>