

Take Charge of Your Health

Playing It Safe this Summer

Take steps to protect you and your family

- **Drink Before You're Thirsty**

Stay well hydrated, especially in warm weather or during physical activity by carrying water with you or ensuring you have access to drinking water.

- **Practice Safe Grilling**

Place BBQ grills 6-10 feet away from a house and clear of overhanging awnings or trees. Keep children and pets a safe distance from a hot grill.

- **Cover Up Against Ticks**

To prevent tick bites and reduce your risk of Lyme and other diseases, use insect repellent while outdoors (especially in long grasses) or wear protective clothing.

- **Protect Your Noggin**

Bike riders of all ages should always wear a helmet, even if you are riding on a trail with no cars. Be alert for small animals, other riders, and road debris, all of which can trigger a fall.



did you
know ?

Drownings are the leading cause of injury or death for young children ages 1 to 4. Formal swim lessons and constant surveillance can protect young children from drowning.