

# SUMMER SAFETY TIPS

## SUN SAFETY

- Do not stay in the sun for long. The sun is the hottest from 10 am to 4pm
- Be sure to drink plenty of water throughout the day

### CLOTHING:

- Wear light, loose fitting clothing, a hat and sunglasses with ultraviolet ray (UV) protection
- Make sure to put on dry clothing if your clothes are soaked from sweat

### SUNSCREEN:

- People with all skin tones need to wear sunscreen when going outside
- Put on sunscreen with a sun protection factor (SPF) of at least 15
- Put on sunscreen on both sunny and cloudy days
- Put on sunscreen at least 15 minutes before going in the sun
- Put on sunscreen again after swimming or sweating

**Remember to  
ALWAYS wear  
sunscreen!**

# SUMMER SAFETY TIPS

## HEAT SICKNESS

(When it is hot outside your body can heat up too much)

### SIGNS OF HEAT SICKNESS MAY INCLUDE:

- Fainting
- Headache and feeling dizzy
- Not sweating, even though it is hot outside
- Red, hot, dry skin
- Cramping
- Feeling sick to the stomach or vomiting
- Fast heartbeat and rapid, shallow breathing
- Feeling confused
- Seizures

**IF YOU FEEL YOU  
MIGHT HAVE HEAT  
SICKNESS, CALL  
911 AND GET  
MEDICAL HELP  
QUICKLY!**

### PREVENT HEAT SICKNESS BY:

- Staying in the shade and keeping cool
- Wear lightweight, light colored and loose fitting clothing
- Be sure to drink plenty of water throughout the day
- Do less outside in the afternoon. The sun is the hottest from 10 am to 4pm

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Promoting Health for People  
with Intellectual Disabilities

  
**The Arc**  
of New Jersey

# SUMMER SAFETY TIPS

## WATER SAFETY FOR THE POOL AND BEACH

### WATER SAFETY:

- Take swim lessons if you do not know how to swim
- Try to swim with a friend. If you do not have a friend to swim with, ask someone to watch you or swim near a lifeguard
- Lifeguards are there to help you. Make sure you listen to them and follow directions
- Wear a life jacket (US Coast Guard approved)
- Watch the weather before going into the water. Do not swim if there is lightning or stormy weather

### WHEN IN THE POOL:

- Be careful of the deep end and stay where the water is not over your shoulders

### WHEN AT THE BEACH:

- Watch for dangerous waves and fast moving water
- Know the meaning of colored beach flags:
  - RED** = Danger
  - YELLOW** = Be careful when you swim, there is still danger in the water
  - GREEN** = Safe to swim, but be careful when swimming
  - BLUE AND PURPLE** = Sharks, jellyfish and other dangerous sea animals