

SUMMER SAFETY



TIPS TO STAY SAFE IN THE SUN AND WATER!

DRINK LOTS OF WATER



Carry water with you and sip often. Skip alcohol when it's hot — it dries you out.

NO ALCOHOL NEAR WATER



Drinking alcohol makes it harder to swim, balance, and think clearly. It also raises your risk of drowning.

DON'T DRINK AND BOAT!



Alcohol is the #1 cause of deadly boating accidents. Boating under the influence is against the law and can mean fines or jail.

USE THE BUDDY SYSTEM



Always swim or boat with a friend or group — don't go alone.

STAY COOL



Take breaks from the sun in the shade or indoors to avoid heat exhaustion.

LEARN TO SWIM



If you're new to swimming, take lessons that match your age and skill level. If you have children, sign them up for lessons at a young age. But never leave children alone near water — even for a minute.

WEAR A LIFE JACKET



Everyone should wear a U.S. Coast Guard-approved life jacket during water activities.

PROTECT YOUR SKIN



Use sunscreen (SPF 30+), wear hats, sunglasses, and light clothing. Reapply sunscreen after swimming.

KEEP FIRST AID KIT HANDY



Pack a small kit with bandages, antiseptic, and any medications you could need.

KNOW THE WEATHER



Check forecasts before heading out. Leave the water if you see lightning or storms.

