

Summer Tips from the Kirk Road Health Office

Summer vacation is a fun time for friends, playing outside, swimming, and sports, but here are some ways to have a **safe** summer as well!

Stay Hydrated!

- Drink plenty of fluids before, during and after prolonged physical activity, whether it be a sports game, or just playing in the yard with friends.
- Drink cold water, or sports drinks, which are designed to replenish your body after a good workout. Stay away from carbonated sodas or other sugar based soft drinks.
- During periods of high heat and humidity, take frequent rest and hydration breaks.

Swim Safe!

- Always swim in safe waters with an adult or trained lifeguard watching.
- Swimming with a buddy is also a great idea.
- Never swim alone without supervision!

Block that Sun!

- Limit your sun exposure between the hours of 10 a.m. and 4 p.m. when the sun's harmful rays are at their peak intensity.
- When you are out in the sun, wear a hat with a brim or a flap that shades your face. Use sunglasses that block 99-100% of UV rays.
- Wear sunscreen with an SPF of at least 15 (higher for individuals with fair complexions). Apply sunscreen generously (usually 1 oz. per application is good) to all exposed parts of your body, and reapply every two hours - more often if swimming or sweating.
- Use caution around sand or water - these surfaces can reflect the sun's rays, causing a sunburn to occur more quickly.

Protect your Head!

- Always wear a properly fitted bicycle helmet, no matter how short a ride or how close to home you may be. Accidents can happen in driveways, on sidewalks, and on pathways, not just in the street.
- Adults - be a good role model for bicycle safety...wear your helmet too!

