

# 10

## EASY STEPS FOR A SAFE SUMMER WITH THE WHOLE FAMILY

- Use aloe vera for mild sunburns.**  
P.S. Be environmentally conscious by growing your own aloe vera plant!
- Don't forget sunglasses at home.**  
Help protect your child's eyes with UV-blocking lenses that have a strap to keep them on. Select lenses that block at least 99 percent of UV rays.
- Stay in the shade between 10 A.M. and 3 P.M.**  
Try to keep most of the activity before or after these hours. This is when the UV rays are the strongest.
- Dress your baby in protective clothing.**  
Make sure to have a brimmed hat and protective lightweight clothing. This will cover any exposed skin and avoid sunlight.
- Put on sunscreen.**  
For children older than 6 months, sunscreen should be applied 20 minutes before sun exposure. Sunscreen should have an SPF of at least 20 and be reapplied every 2 hours.
- Know the signs of heat exhaustion.**  
Symptoms: nausea, headache, muscle cramps and heavy sweating. Getting to a cool place to bring the body's temperature down, drinking water, and resting can help.
- Hydrate with plain water.**  
Sugary drinks can make you feel thirstier. Dehydration can cause headaches, dizziness, and flu-like symptoms. Be sure to drink water and offer water frequently to children and babies.
- Remember cars overheat.**  
Use a shade to protect seats (and baby seats) from overheating in the hot sun. Never leave a baby, child, or pet in your car alone – especially in the summer, which can be deadly!
- Practice safety during BBQs.**  
When cooking, use one plate for raw foods and another for cooked foods. After a BBQ, douse the remaining coals with water. When all coals are wet and have stopped steaming, carefully dispose of them in a metal trash can.
- Carry your DIY Bug Repellent around.**  
Mix 2 ounces of mint extract with 10 ounces rubbing alcohol, and pour ingredients into a spray bottle. Spray down picnic and play areas.