

# Summer's here and it's time to enjoy the outdoors to the fullest. Just remember to put safety first:

- Re-apply sunscreen
- Drink water regularly
- Supervise children around water
- Take breaks from the heat
- Protect your eyes from UV rays
- Use the buddy system for safer swimming

For more tips in summer safety visit:

[H.psc.gov/SummerSafety](https://www.hhs.gov/psc.gov/SummerSafety)