



## Safety Awareness Month!!!

June starts summer time!!! School is out and vacations are here! Everyone has fun outside and there are fun activities planned. With that also come important things to remember with health and safety.

Having fun is important but doing it the safe way is the best way!

Here are 5 tips to remember with summer safety.



1. **Hydration-** This is key! Our bodies need hydration to live and survive.

Without water, our organs will start slowing and shutting down. We do not want that!

Dehydration can lead to heat exhaustion which can cause many other issues. Watch out for increased thirst, dry lips and feeling very fatigued. Drink, drink, drink. Water should be your best friend!!!



2. **Sun tan Lotion-** Sun tan lotion seems like such a minor thing but it is very important. The UV rays in the sun are very powerful and can severely damage your skin. Skin cancer is a very concerning illness and can be caused just by simply wanting to have nice tanned skin. Be safe and protective, wear your sun screen to save your skin.



3. **Ride Safely-** ATV riding as well as many other outdoor motor riding activities are very fun. Wearing a helmet is very important as it protects the most important part of your body. Your head!



4. **Healthy eating-**

Summer time is the best time to get fresh fruit and veggies!

Not only are we supporting our local growers but it is good for our body to eat healthy. It helps our mind and spirits with better food in us!



5. **Have Fun!**

Most importantly have fun!!! Summer time is meant for having fun with friends and family. Just remember doing it safely is the best way!

Have a great, healthy, safe and fun summer! Looking forward to seeing everyone next year!!!

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