LIFEGUARD

WATER

SunProtect

SPF 40

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SunProtect

6 Quick tips for
safer fun in the sun.

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LIFEGUARD
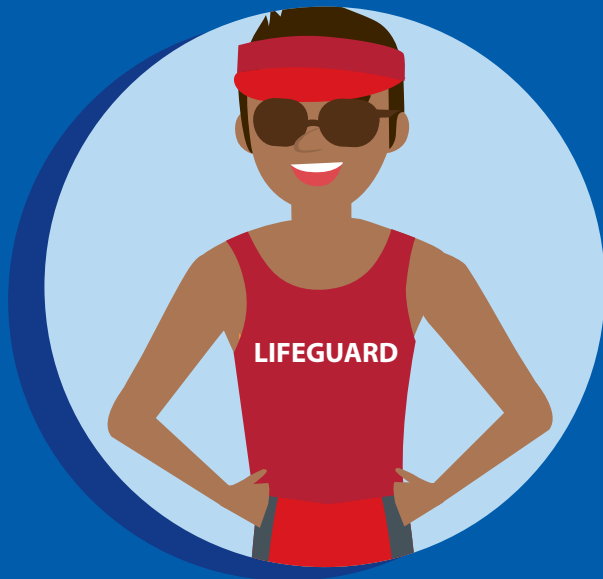
It's important to stay safe around the water – at the beach, lake or pool. There's a greater chance of drowning if you're not a strong swimmer or don't know how to swim (that includes both kids and adults). And being in the sun too long can put you at risk for skin cancer. Here's how you can stay safe and enjoy the water and the sun this summer.

1. Buddy up.

Always swim with a partner. That includes swimming in a backyard pool or a lake. In case of an emergency, you can help each other or go for help.

2. Swim in safe areas.

Swim in places that are supervised by a lifeguard. In case something does go wrong, lifeguards are trained to help you.
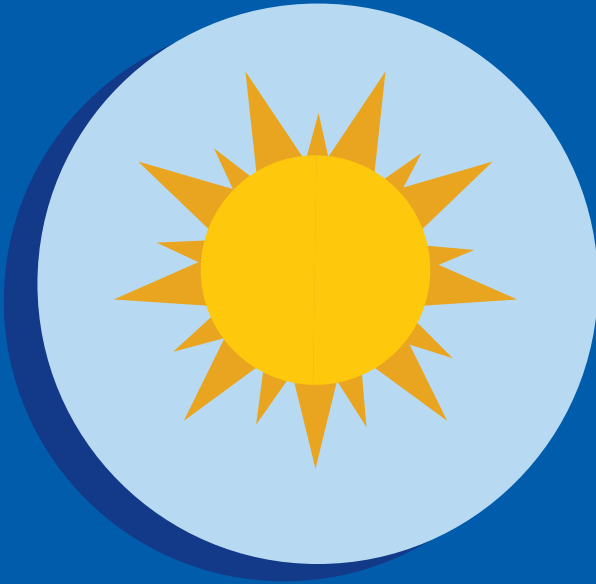
3. Watch the sun.

Sun reflecting off the water or off sand can make the sun's rays hotter. Reapply sunscreen often and cover up as much as possible. Don't forget your hat, sunscreen, sunglasses and protective clothes.

4. Wear sunscreen.

Use sunscreen during all outdoor activities. That includes gardening, playing sports, walking and going to the beach. Reapply sunscreen every 2 hours or after swimming or sweating.

Sunscreen should be worn by everyone 6 months or older. Don't use sunscreen on babies younger than 6 months old. Keep them covered up and in the shade instead. If keeping them completely out of the sun isn't possible, use a small amount of sunscreen on exposed areas, like the face and hands.

WATER
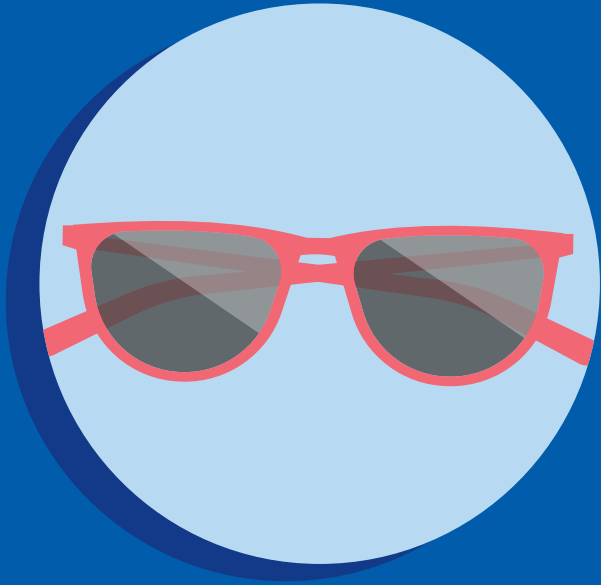
5. Wear sunglasses.

Kids should wear sunglasses too. They can help prevent vision problems in the future. To protect your eyes, your sunglasses should block out 99% to 100% of both UVA and UVB light.

6. Drink plenty of fluids.

It's easy to get dehydrated in the sun. Especially if you're active and sweating. Drink plenty of water. Dizziness, feeling lightheaded or feeling sick to your stomach can be signs of dehydration and overheating. Always carry a refillable water bottle with you during the summer.

Did you drink enough water today?
For the next week track how many glasses of water you drink each day.

	Total glasses of water:			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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