

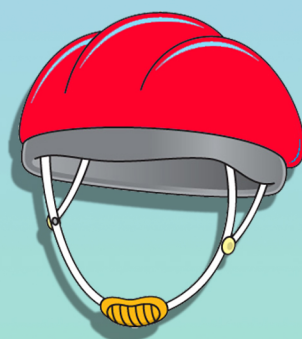
SUMMER

Safety Tips



Lather up! Apply sunscreen with an SPF of at least 30 to reduce the chance of sunburns.

Strap up! Did you know, bike helmets reduce head injuries by up to 85%!



Enroll in swimming lessons! A child can drown in just a few inches of water, silently, and in a matter of seconds.

Stay hydrated! Kids don't always recognize the early stages of thirst, which can make them vulnerable to becoming dehydrated.



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