

Health & Wellness

Tip of the Week

June is all about **Summer Safety**. It is the perfect time to remind you about the importance of staying safe this summer!

Week 26
June 27, 2016

Be Smart About Summertime Fun

Summer also brings bad weather and more chance of lightning strikes. Remember to:

- Head to a safe building or car as soon as you hear thunder.
- Stay in a safe place 30 minutes after the last clap of thunder.
- Stay away from wet areas, metal objects, open fields, tall trees or objects, and hilltops.
- Keep moving toward safe shelter — don't lie flat on the ground.

Source: National Oceanic and Atmospheric Administration, National Weather Service, National Safety Council, Centers for Disease Control and Prevention



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