

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 25
June 20, 2016

Summer Safety Smarts

Summer is here. So parents and caregivers should make sure children are safe from the sun with sunscreen and the right clothing. Also, make sure:

- Playground surfaces are soft
- Swings are right for the child's age, attached securely and at least 24 inches apart
- Slides are well-grounded and that children wear clothing that won't get caught
- Jungle gyms have proper guardrails, sturdy steps and that children using it are older than age 4

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



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