

## Health Office Newsletter

\*\*\*\*\*

### Summer Safety and Fun!



#### **Stay safe in the Sun**



**Apply broad spectrum sunscreen with at least SPF 30 every two hours while you are swimming, sweating, and playing outside.**

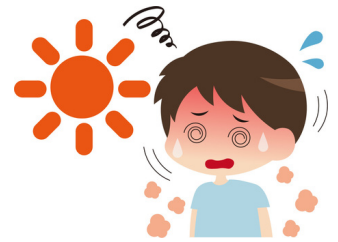
[Don't let the sun get you down-protect your skin!](#)

#### **Stay Hydrated!**



**Drink at least 6-8 glasses of water a day**

#### **Heat Exhaustion vs Heat Stroke**



#### **Practice Water Safety!**



[Water Safety Video](#)



**\*Remember the sun is the strongest during the hours of 10 a.m. to 4 p.m., play and exercise outside before or after these times\***

#### **Practice Bike Safety**



#### **Preventing tick bites**

1. Know where to expect ticks
  - a. Grassy, brushy, or wooded areas
2. With parent permission use bug repellent
3. Check for ticks
  - a. [CDC Tick Removal Instructions](#)
4. Wear protective clothing

#### **Eat plenty of Fruits and Vegetables**



[Watermelon Smoothie](#)

**As the school year approaches its end we would like to thank you for placing trust in us to keep your children healthy and safe. We hope the summer finds everyone in good health and we are excited to see you next school year!**

\*\*\*\*\*

