

stay safe

ER visits

peak in the summer months.

Avoid these five common summer-related accidents and illnesses.

1 sunburn

Use a sunscreen with an SPF of 30+ and reapply every two hours

2 dehydration

Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks

3 burns

Use caution when dealing with flammable liquids, open flames, campfires and even barbecues

4 outdoor injuries

Wear appropriate attire and safety gear during activities like bike riding and hiking; water recreation should be monitored by an adult who knows CPR

5 food poisoning

Don't eat food left out of refrigeration for more than one hour when the temperature is above 90° F

