

# Welcome Summer!

Summer Safety Tips ~ How to have fun and stay safe as you enjoy the great outdoors this summer.

## Water Safety

- Drowning is fast and silent – an average of 11 deaths per day in the U.S., including children.
- Prevent unsupervised access to water and provide constant adult supervision.
- Learn to swim; classes are available for all ages. Learn first aid and CPR.
- Use the Red Cross Swim app and take the free Water Safety course.
- Swim in lifeguarded areas and assign a dedicated “water watcher.”
- In an emergency: Reach or throw – don’t go.
- A child or weak swimmer can drown in seconds, even during a quick distraction.

## Beach Safety

- Leave the water immediately if you see lightning or hear thunder.
- Swim only in lifeguarded areas and follow lifeguard instructions.
- Always assign a “water watcher.”
- Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard–approved life jackets.
- Enter water feet-first; avoid diving and watch for aquatic life.
- If caught in a rip current: stay calm, swim parallel to shore, or float and signal for help.

## Camping Safety

- Know your group’s abilities and plan accordingly.
- Pack a first aid kit; consider taking a Red Cross First Aid/CPR course.
- Falls, sprains, and dehydration are common – prepare for them.
- Share your travel plans with someone at home.
- Bring nutritious food, water, layered clothing, and pet supplies.

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## Picnic Safety

- Wash hands, utensils, and prep areas before handling food.
- Keep raw meats separate from ready-to-eat foods.
- Bring hand sanitizer if no sinks are available.
- Use a food thermometer when grilling to ensure safe cooking.



## ☀️ Don't Forget the Sunscreen

People with darker skin — including Black individuals — do need sunscreen. While melanin offers some natural protection from UV rays, it only provides about SPF 13, which is not enough to prevent sun damage or reduce skin-cancer risk.

## 🛡️ Why Sunscreen Still Matters

- Melanin helps block some UV rays, but everyone can develop sun damage and skin cancer.
- The American Academy of Dermatology recommends broad-spectrum SPF 30 or higher for all skin tones.
- UV rays penetrate clouds and windows — sunscreen is needed even on cloudy days or while driving.

## 💧 How to Apply Sunscreen Correctly

- Cover commonly missed spots: inner elbows, ankles, finger webs, ears.
- Apply generously 30 minutes before going outside so it binds to the skin.
- Reapply every 2 hours, and after sweating, swimming, or towel-drying.
- Protect your lips with SPF 30+ lip balm and reapply often.



## 🔥 Grilling Safety

- Always supervise the grill; never add lighter fluid to hot coals.
- Never grill indoors or in enclosed spaces.
- Keep children and pets away from the grill.
- Place the grill away from structures, decks, and branches.
- Use long-handled grilling tools.
- Don't leave perishable foods sitting in the sun.



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## Mosquito & Tick Safety

- Mosquitoes and ticks can transmit diseases – protect yourself.
- Use repellents with DEET and follow label directions.
- Stay indoors at dawn/dusk when mosquitoes are most active.
- Wear long sleeves, long pants, and light-colored clothing.
- Stay on trails; avoid tall grass and underbrush.
- Check yourself frequently, especially scalp and neck areas.
- Inspect pets and use pet-safe repellents.
- Remove standing water around your home to reduce mosquito breeding.

## Summer Safety for Pets

- Never leave pets in a hot car – temps can reach 120°F quickly.
- Pets can suffer heat stroke, especially short-snout breeds or overweight animals.
- Signs of heat stroke: heavy panting, inability to calm down, red gums, fast pulse, collapse.
- If temp is above 105°F, cool the pet with water until 103°F, then stop.
- Seek veterinary care immediately.
- Use the Red Cross Pet First Aid app and consider pet first aid training.

## Scripture of the Month:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Philippians 4:6 ESV

In Faith & Health  
Health & Wellness Ministry Team  
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