



Weill Cornell Medicine

Stay Safe This Summer



It's time for fun in the sun!
Follow these tips to keep your family safe and healthy in the sunshine this summer.



Stay hydrated.

Drink plenty of water throughout the day, especially when the temperature rises.



Block harmful rays.

When in the sun, wear sunscreen of SPF 30 or higher on all exposed skin. Choose a sunscreen that protects against both UVA and UVB rays. It's also smart to wear a hat and sunglasses and cool off in the shade.



Limit alcohol.

Drinking alcohol can cause dehydration and raise your risk for heat-related illnesses.



Exercise at your own pace.

Summer weather can be great for exercising outdoors. If it's been a bit since you worked out, remember to start slowly at first to avoid injury.



Grill responsibly.

Keep your grill well away from any structures or enclosed spaces and ensure children and pets stay at least three feet away. Never leave a lit grill unattended.



Summer weather can be great for exercising outdoors. If it's been a bit since you worked out, remember to start slowly at first to avoid injury.



Be smart in the water.

Don't swim alone, and when young children are in water, make sure an adult is supervising at all times.



Be smart in the water.

Don't swim alone, and when young children are in water, make sure an adult is supervising at all times.



Before your next family vacation,
consider a routine checkup with your provider.
Find one at weillcornell.org/doctors



Weill Cornell Medicine