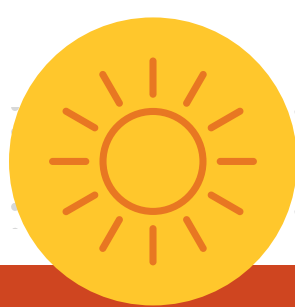




# Your Guide to Summer Safety



Make your summer as carefree as possible by taking the proper health and safety precautions.

With the lifting of mask restrictions and the availability of the COVID-19 vaccine, this summer looks much different than last. But that does not mean you should let your guard down completely. **Maintain good handwashing habits and if you are not vaccinated or are around people who have not been vaccinated:**

- **Socially distance**
- **Wear a mask**

## On the Land

### Limit alcohol intake.

Drinking in the heat can cause dehydration and increase your risk of heat-related illness.

### Prioritize hydration.

Drink plenty of water throughout the day.

### Soak up the sun responsibly.

Wear sunscreen with sun protection factor 15 or higher that protects against UVA and UVB rays. You can also wear a hat and light clothing that covers your arms and legs.



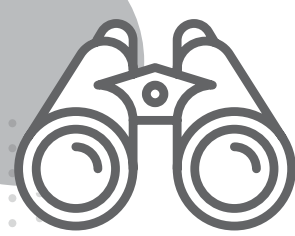
## In the Water

### Enter the water with your feet.

Diving into unfamiliar water can put you at risk for head and neck injuries.

### Swim safely.

Never venture into the water alone. If children are swimming, make sure an adult is lifeguarding at all times. Young children should be within arm's reach.



### Be vigilant while boating.

Make sure everyone is wearing a U.S. Coast Guard-approved life jacket.



## Behind the Grill

### Grill outside.

Grilling inside is a serious fire risk. Position your grill far away from your deck, house and trees.

### Say no to starter fluid.

If the coals are ignited, you are ready to grill.

### Never leave your cooking unattended.

If you need to step away from the grill, turn it off and close the cover.



Visit [weillcornell.org/primary-care](http://weillcornell.org/primary-care) to find a primary care provider who can help with any summer-related medical mishaps.

