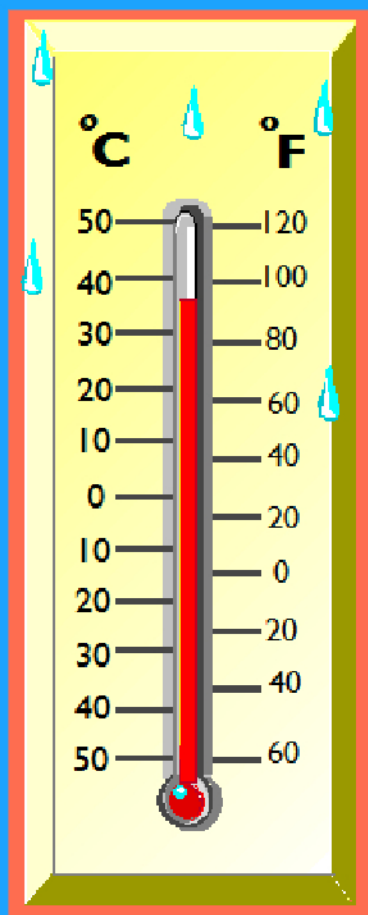


Don't SUCCEUMB

to the

SUMMER SUN



Don't:

- ☀️ Leave children or animals in parked vehicles
- ☀️ Overexpose yourself to the heat.
- ☀️ Drink beverages with alcohol, excessive caffeine or large amounts of sugar.
- ☀️ Overdress babies or bundle them up when it's hot.

Do:

- ☀️ Drink plenty of water.
- ☀️ Allow time to cool down between practices and workouts.
- ☀️ Plan strenuous outdoor activities for cooler times of the day.
- ☀️ Take frequent breaks to cool down if you must be outside. Protect your eyes and wear sunblock.
- ☀️ Make regular checks on elderly friends and family.



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