Keep Kids Safe This Summer

From camping and hiking to swimming and bike riding, summer is full of family activities. Help kids have fun while staying safe with these tips!

- **Sunburn**
  Limit sun exposure, particularly between 10 a.m. and 4 p.m. when the sun’s rays are at their peak. Even on cloudy days, use a water-resistant sunscreen with an SPF 30+ that protects against UVA and UVB rays. Have children wear sunglasses and wide-brimmed hats for extra protection.

- **Heat Safety**
  Enjoy the outdoors in the morning and after sunset during the cooler hours of the day. Dress kids in lightweight, loose fitting, light-colored clothes. Be sure kids drink plenty of water—even when they don’t feel thirsty.

- **Water Safety**
  Watch children at all times when they are in or near water. Teach children to swim or enroll them in swimming lessons. If you have a home pool, install a fence with a self-closing and self-latching gate.

- **Biking or Skateboarding**
  Ensure kids wear helmets that meet the U.S. Consumer Product Safety Commission safety standard and fit properly. When skateboarding, add wrist, knee, and elbow pads. Remind kids the rules of the road, and check that bicycles are the proper size and seats are adjusted to the right height.

- **Insects**
  Apply an insect repellent that contains no more than 30% DEET. Ensure pants, long-sleeve shirts, socks, and shoes are worn while walking in the woods or tall grass, and check hair and skin often for ticks.

Sources: American Academy of Pediatrics, the Centers for Disease Control and Prevention, and the National Institutes of Health