

This a great time of year to be outdoors. As our community is reopening from sheltering in place due to the COVID-19 pandemic, there are a few safety considerations to keep in mind (in addition to wearing your mask, washing your hands, keeping at least six feet between you and other people in public spaces and staying home if you are feeling sick).



HEAT SAFETY

1. Drink plenty of water, even if you don't feel thirsty.
2. Use sunscreen (SPF 15 or higher).
3. Dress for comfort by wearing lightweight loose-fitting clothes.
4. Wear a hat.
5. Protect your eyes from the sun by wearing sunglasses.
6. Avoid spending time outside during the hottest part of the day (11:00 am – 3:00 pm).
7. Pace yourself when running or otherwise exerting your body.
8. Take time to rest and cool down.

WATER SAFETY

1. Follow the instructions regarding the number of people permitted.
2. Keep mask/face covering on when not in the water.
3. Don't share personal items.
4. Don't swim alone, and only swim in designated areas supervised by lifeguards.
5. Never leave a child unattended near water or trust a child's life to another child.
6. Make sure young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water.
7. Don't play around drains and suction fittings in the pool.
8. Always be cautious around natural bodies of water – currents and underwater hazards can make falling into the water dangerous.
9. Wear a life jacket when boating.

FOOD & GRILLING SAFETY

1. Do not leave hot grill unattended.
2. Do not add lighter fluid to lit coals.
3. Do not grill indoors; keep grill away from house and other objects that can catch on fire.
4. Keep children and pets away from hot grill.
5. Use appropriate grilling utensils.

INSECTS

1. Use non-toxic insect repellent.
2. If stung by a bee, remove stinger by scraping area with a credit card or fingernail (squeezing will release more venom and cause irritation). Use ice and hydrocortisone cream to relieve swelling and irritation.

#CPBCMovEMore

Also, remember to reduce your screen time and increase your lean time. #CPBCMovEMore