

6 TIPS

FOR

SUMMER SAFETY

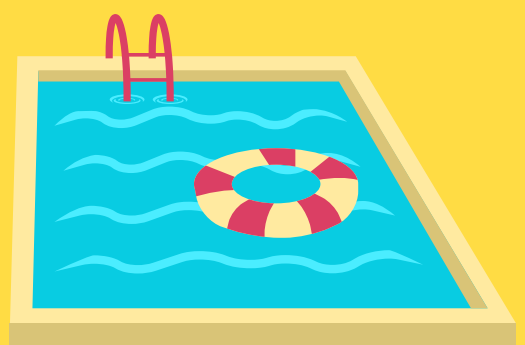
KEEPING CHILDREN SAFE THIS SUMMER

Prevent heatstroke



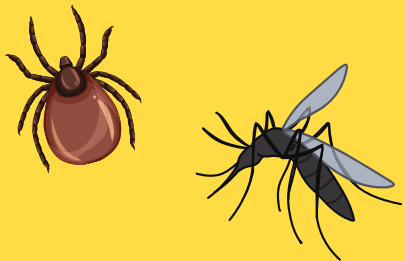
Look before you lock your car.

Secure pool areas



Don't leave children alone around water.

Protect from bug bites



Use sprays, clothing, or window screens.

Use sunscreen



Apply often when playing or swimming.

Stay hydrated



Water is best to stay hydrated

Keep cool



Avoid outside when sun is hottest.

Visit www.papromiseforchildren.com for more tips.

Administration for Children & Families <http://1.usa.gov/>
American Academy of Pediatrics <http://bit.ly/1X9kYe0>
Center for Disease Control <http://1.usa.gov/1CRUdfy>
Academy of Nutrition and Dietetics <http://bit.ly/11x8O5X>
Center for Disease Control <http://1.usa.gov/1nUFsDy>



6 CONSEJOS

PARA

SEGURIDAD DE VERANO

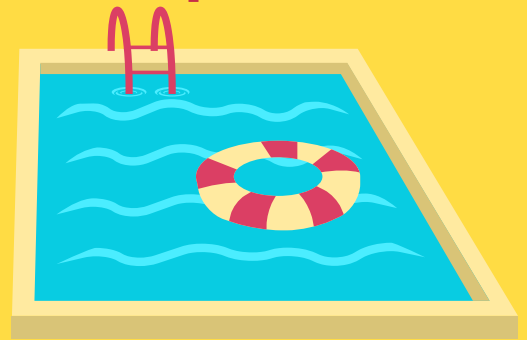
MANTENER A LOS NIÑOS SEGUROS ESTE VERANO

Evitar el golpe de calor



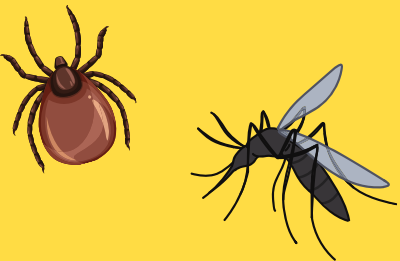
Mira antes de ti
bloquea tu auto.

Asegurar las áreas de la piscina



No deje a los niños solos
alrededor del agua.

Proteger de picaduras de insectos



Use pulverizadores, ropa o
pantallas de ventana.

Use protector solar



Aplique con frecuencia
cuando jugar o nadar.

Mantente hidratado



El agua es mejor
Mantente hidratado.

Sigue así



Evite el exterior cuando
el sol es más caliente.

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para más consejos.

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