Always use sunscreen on exposed skin, especially the face, when outdoors. Remember to apply an SPF (sun protection factor) of 25-30 to upper ears, neck and tops of feet, areas that can burn easily and are often overlooked. Reapply every 2-3 hours or when washed or sweated off.

Never leave children unattended in a pool, even for a second. As soon as they are old enough, teach them to swim and to adhere to basic swimming safety rules. Make sure pools have secure gates and fences and they are locked in place every day.

Always wear a life vest when out in the ocean or lake on a boat.

Mosquitoes and ticks not only are annoying but can be carriers of human disease. When walking or hiking in wooded areas, keep arms and legs covered by clothing or use a commercially available bug protection spray or lotion. It’s also a good idea to have your pet checked at this time of the year to make sure they are free from fleas and ticks.

HEAT STROKE
Nearly 700 people die each year due to heat-related illness, according to the U.S. Centers for Disease Control and Prevention.

A person suffering from heat stroke might appear flushed and their skin will be hot to the touch and dry. Both excessive sweating and an absence of sweat are symptoms of heat stroke. Complaints of dizziness or the onset of a headache are also symptoms of an oncoming heat stroke. Victims of heat stroke may have a fast pulse (more than 100 beats per minute), nausea and vomiting, shallow breathing, and can become irritable or confused as blood flow to the brain is reduced.

What to do: Call for help! Move the person out of direct sunlight, into a cool, shaded area and have them lie flat and elevate his or her feet. Remove heat-retaining clothing.

Wet the person down and fan him or her, or immerse in cool water.

Place ice packs on the person’s head, back of the neck, armpits, palms of the hands, soles of the feet, and groin.

Hydrate well with lots of cool (not cold) water or a diluted sports drink, but only if the patient is conscious enough to hold a cup and drink unassisted. Do not give caffeinated beverages.