



*Your free and confidential resource for work-life wellness*

## Keep Your Summer Sun-Time Fun!

Follow these Summertime Safety Tips

- Stay hydrated – drink plenty of water
- Apply broad spectrum sunscreen
- Swim only in designated areas and never alone
- Wear sunglasses and light-colored clothing
- Use bug repellent
- Refrigerate or freeze leftover food as soon as possible

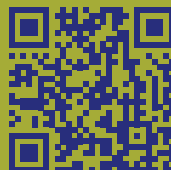
**Never leave children or pets in a hot car!**



Free and confidential.  
After-hours crisis counseling is available.

**800.577.4727**

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