Stay Prepared
This Safety Month

June is National Safety Month. These steps will help you maintain your personal safety and prepare for a possible emergency:

1. **Wear sunscreen.** The best way to prevent sunburn is to wear SPF 30 or better sunscreen. Remember, even mild sun exposure could lead to skin cancer over time.

2. **Stay hydrated.** The average adult should drink eight 8-ounce glasses of water a day. Individuals who are physically active or who take medications that dehydrate may need more fluid.

3. **Exercise safely.** Make sure you have proper safety gear and reliable equipment before you (or your kids) engage in a favorite exercise routine or sports activity.

4. **Repair safety hazards.** If there is a safety hazard in your home or yard, have it fixed or call your landlord. Keep the hazard area blocked off to prevent injury.

5. **Practice water safety.** Keep track of small children near a pool or natural body of water. Avoid using alcohol while swimming or boating and have life vests and other safety equipment on hand.

6. **Take a CPR class.** Your local hospital or Red Cross is a good place to learn this lifesaving skill.

7. **Dispose of old medications safely.** Do not flush old medications or throw them in the trash. Use medication disposal drop-off locations in your community.

8. **Hold weather or fire safety drills.** Practice the fastest routes to safety in case of a fire or weather emergency. In addition, create a communication plan that tells your family what to do and where to meet if they are away from home when a disaster hits.

9. **Assemble a disaster kit.** Key items include medications, first aid supplies, bottled water, non-perishable food, and emergency cash. Tailor the kit’s contents to your needs.

LifeMatters can offer emotional support and practical resources during a family emergency, disaster, or other crisis event. We’re here to help.

1-800-367-7474
Assistance with Life, Work, Family, and Wellbeing
mylifematters.com • 24/7/365
Call collect to 262-574-2509 if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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