



## Summer Safety

Whether you're prepping for fun in the sun or on the water, keep these safety tips in mind:

### Sun Safety

- Use a broad spectrum sunscreen of at least SPF 30 that protects against both UVA and UVB rays
- Invest in UV-proof sunglasses (check with your eye doctor on the best type for you)
- Wear light-reflective clothing and a hat
- Stay in the shade when possible

### Water Safety

- Enroll children in swimming lessons as soon as they are old enough
- Avoid pushing, dunking, or other behaviors that could put someone's safety at risk
- Prepare for emergencies by taking a CPR class
- Remember that light reflecting off water increases sun exposure

### Hydration Safety

- Drink at least eight 8-ounce glasses of water a day (more if you are being active in hot weather)
- If you are drinking alcohol or caffeine, drink extra water to avoid dehydration



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- Take the **MyWellbeing Profile** to evaluate your wellbeing and schedule an appointment with a coach.
- Access the **Discount Center\*\*** to save on travel expenses, outdoor equipment, and theme park or event tickets.

### Quick Tips:

- **Plan ahead to protect yourself from sunburn, heatstroke, and other heat-related conditions.**
- **Observe water safety rules, whether you are at a pool or beach or on a boat.**
- **Hydration is an essential part of staying safe when outdoors.**

**1-800-367-7474**

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice. \*\*The Discount Center is not available in Canada.

