

## **Summer Safety: Protect Yourself and Your Family**

Summer is a time for outdoor fun, vacations, swimming, biking, and spending time with family and friends. While enjoying the warm weather, it's important to take precautions to keep yourself and your loved ones safe.

### **Pool & Water Safety**

Drowning can happen quickly and quietly, often in less than a minute. Whether you're at a public pool, backyard pool, lake, or splash pad, active supervision is essential.

#### **Water Safety Reminders:**

- Never leave children unattended near water, even for a moment.
- Designate a "Water Watcher" whose only job is supervising swimmers.
- Children and inexperienced swimmers should wear U.S. Coast Guard-approved life jackets.
- Install fencing with self-latching gates around home pools.
- Learn CPR and basic rescue techniques.
- Avoid distractions such as cell phones while supervising children.
- Remember: Floaties and inflatable toys are not substitutes for supervision.

### **Weather Awareness**

At the first sign of thunder or lightning, everyone should exit the water immediately and seek shelter.

### **Keep Your Home Secure**

As temperatures rise, many families spend more time outdoors and leave windows and doors open.

#### **Home Safety Tips:**

- Always lock screen doors and entry doors, even when you're home.
- Keep garages and sheds secured.
- Remove valuables from plain sight in vehicles.
- Make sure children know how to contact a trusted adult in an emergency.
- Be aware of your surroundings when walking to and from your home.

A few extra seconds spent locking doors can help prevent theft and keep your family safe.

## Stay Safe on the Move This Summer

Whether you're driving, biking, walking, running, or riding an ATV, following safety guidelines can prevent injuries and save lives.

### Teen Driving Safety

Summer months often bring an increase in crashes involving teen drivers. Inexperience, distractions, speeding, and peer pressure are common factors.

#### Important Reminders:

- Always wear your seatbelt.
- Obey speed limits and traffic laws.
- Never drive under the influence of alcohol or drugs.
- Limit distractions while driving.

### Ohio's Distracted Driving Law

Ohio law prohibits drivers from holding or physically using a cellphone or electronic device while driving. Texting, scrolling, video calls, and holding your phone while operating a vehicle can result in fines and penalties.

Put the phone down. No text message is worth a life.

### Walking, Running & Bicycle Safety

Whether you're exercising, commuting, or enjoying a ride through your neighborhood:

- Stop at all stop signs and obey traffic signals.
- Walk or ride with the flow of traffic laws and stay alert.
- Wear reflective clothing when outdoors during early morning or evening hours.
- Wear a properly fitted bicycle helmet every time you ride.
- Avoid using headphones at a volume that prevents you from hearing traffic.
- Stay visible and make eye contact with drivers before crossing intersections.

### ATV & Recreational Vehicle Safety

ATVs can be enjoyable but also dangerous when safety precautions are ignored.

#### ATV Safety Tips:

- Always wear a helmet and protective gear.
- Never allow more riders than the ATV is designed to carry.
- Avoid riding on paved roads unless permitted.
- Children should only operate age-appropriate vehicles.
- Never operate an ATV under the influence of alcohol or drugs.
- Ride at a safe speed and stay alert for obstacles.

### Prevent Heat-Related Illness

Hot temperatures can quickly lead to dehydration and heat exhaustion.

#### Stay Cool:

- Drink plenty of water throughout the day.
- Take breaks in shaded or air-conditioned areas.
- Wear lightweight, light-colored clothing.
- Check on older adults, young children, and those with chronic health conditions.

### Protect Yourself from Ticks & Mosquitoes

Mosquitoes and ticks are more active during the summer months.

- Use EPA-approved insect repellent when hiking, camping, or spending time outdoors.
- Wear long sleeves and pants in wooded or grassy areas.
- Check yourself, children, and pets for ticks after outdoor activities.
- Remove standing water around your home where mosquitoes breed.

Enjoy the summer, make memories, and stay safe!

#### Enjoy Summer Safely

The best summer memories are made when everyone returns home safely. As you travel, exercise, attend community events, and spend time outdoors, remember that safety starts with you. Be aware of your surroundings, make smart choices, look out for one another, and take the necessary precautions to protect yourself and your loved ones. Have fun, stay active, and enjoy all that summer has to offer!