Stay Prepared This Safety Month

﻿﻿June is 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.

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

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