



## 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](https://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.  
The above information is for educational purposes only and is not intended to take the place of medical advice.

