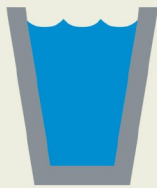


4th of JULY SAFETY

HEAT-RELATED ILLNESS

STAY HYDRATED

- Drink more than 8 ounces a day
- Drink even when you're not thirsty
- Avoid alcohol, coffee & soft drinks



APPLY SUNSCREEN

The sun is the strongest between 10 a.m. and 4 p.m.
Reapply sunscreen often
Stick to SPFs between 15 and 50+



WEAR YOUR SHADES

Sunglasses must block 99 to 100% of UVA/UVB rays



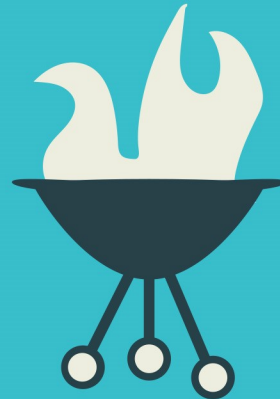
MOST AT RISK



Adults over 65 and children under 4
Those w/existing medical conditions

GRILL SAFETY

in a 5-year period



8,900 house fires

160 injuries

118 mil. in damages

10 deaths

KEEP GRILL:

- AWAY FROM STRUCTURES
- IN WELL-VENTILATED AREA
- AWAY FROM CHILDREN & PETS

Fireworks Safety

NEVER allow children to play with or ignite fireworks

KEEP a bucket of water or hose nearby

MAKE sure fireworks are legal in your area

MORE THAN 14,000 4TH OF JULY FIREWORKS EXPLODE
ACROSS THE NATION EACH YEAR