



It's summer time in the Pacific Northwest and that means...swimming, boating, beach days and lots and lots of time spent outside in the sun! Hooray!

It's important not to forget that with summer weather comes important summer safety. Here are some summer safety tips from the Fostering Well-Being Nurses:

- sunscreen, sunscreen, SUNSCREEN! Don't forget to pack your sunscreen and don't forget to reapply!
 - Pro Tip: Apply sunscreen before you leave the house
 - [The CDC recommends a](#), "broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside"
- Although sunscreen is important, we also recommend finding a shady spot, wearing protective clothing like long-sleeve shirts, hats, and sunglasses
- With that summer sun, comes hot weather, remember to hydrate, stay cool, never leave infants/children/animals in a car alone and learn where your [local cooling centers are located](#)
- Review and learn about water safety. Here are just a few tips:
 - Practice putting on life vests with your children and wear them while boating or near water. Never leave children unsupervised by water.
 - Seattle Children's Hospital and the American Red Cross, recommend adults taking turns being "child watchers"
 - Teach your child or yourself how to swim by taking swimming lessons
 - [Learn about boating safety](#)
- Review Seattle Children's Hospital, Summer Safety Tips ([English](#)) ([Spanish](#))
- Review the [American Red Cross](#) website that has safety tips on: water, beach, camping, grilling, fireworks and more
- And remember, have fun and be safe!

Resources:

- [CDC Sun Safety](#)
- [Too Much Sun Hurts](#)
- [Healthy Children, Sun Safety](#)
- [Cleveland Clinic, How to Keep Your Kids Safe This Summer](#)