STAY SAFE WHILE HAVING FUN IN THE SUN

STAY HYDRATED
Drink water before you get thirsty

WEAR SPF SUNSCREEN
Reapply sunscreen every two hours

CHECK THE WEATHER
Be prepared and bring sunglasses and a hat if it is sunny

SUPERVISE KIDS AROUND WATER
Accidental drowning can happen quickly

VDH VIRGINIA DEPARTMENT OF HEALTH

LORD FAIRFAX HEALTH DISTRICT