



Safety First

Family, barbecues, fun in the sun, and fireworks. What an ideal way to spend the Fourth of July! For a safe and healthy Independence Day celebration, follow these important safety tips:

- Stay in the shade during peak sun hours—10:00 a.m. to 4:00 p.m.
- Wear a broad-brimmed hat, and protect your eyes with sunglasses. Wraparound sunglasses work best; look for 99% to 100% UV protection.
- Apply broad-spectrum sunscreen. Sunscreen can help lower your risk of developing melanoma, a form of skin cancer.
- Keep food bacteria-free: Pack your cooler with plenty of ice.
- Toss leftovers if kept outside the cooler for longer than an hour.
- Never let children play with any type of fireworks.

This year leave the fireworks to trained professionals, sit back, and enjoy the spectacular view!