

# **ENVIRONMENT**

#### **SUNNY?**

Wear sunscreen & a hat.

# **RAIN? LIGHTNING?**

Take shelter.



# IT'S VERY HOT.

Don't get thirsty: drink 8 oz. of water every 20 minutes. Eat lighter meals. Find shade & sit.



#### IT'S VERY COLD.

It's easier to stay warm if you're hydrated. Drink water every hour. Layer clothing. Warm up with heavier meals & hot drinks. Sit in a sunny spot.

# **MOSQUITOES BITE DAY & NIGHT.**

Use EPA-approved insect repellent.
Cover your skin with long sleeves & pants.



### **POISON IVY OR OAK:**

Watch out for 3 leaves!

#### YOU SEE A SNAKE.

Leave it. Most Florida snakes are not dangerous—only 6 have venom—but they ALL want to be left alone.

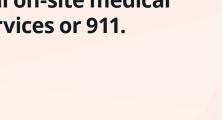
# **FRIENDS**



Don't get lost in the crowd.

### **FRIEND SICK?**

Acting in a way that could harm themselves or others Call on-site medical services or 911.





#### THE CAR.

Who is the designated driver? Does everyone know where the car is parked?

# YOU



Drink only from sealed bottles or containers.

Or watch your drink, smoothie, etc., being made.



Wash them often with soap & water, or use hand sanitizer.



This safety message brought to you by the Florida Department of Health.