### **ENVIRONMENT**

#### **SUNNY?**

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Wear sunscreen & a hat.



# T'S VERY HOT.

Don't get thirsty: drink 8 oz. of water every 30 minutes. Eat lighter meals. Find shade & sit.

#### **HAZARD WARNINGS**

CHECK BEACH WARNING FLAGS BEFORE YOU SWIM:





### ON THE WATER

Wear a life jacket.

### MOSQUITOES BITE DAY & NIGHT

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

#### **PLANTS & WILDLIFE.**

Some Florida plants & wildlife are protected so respect all living things at the beach, look, but don't touch.

## **FRIENDS**



Don't get lost in the crowd.

#### **FRIEND SICK?**

Acting in a way that could harm themselves or others? Call: **911** 



#### THE CAR.

Who is the designated driver? Texting & driving in Florida is against the law.



### YOU

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Drink only from sealed bottles or containers.

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



#### HANDS

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



Wear a helmet.
Obey traffic laws.
Keep sidewalks
free for
pedestrians.

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