**Swim It, Shore It or Dodge It social media posts**

If you plan on enjoying the #beach this weekend, make sure you don’t go in the water if you have open cuts or wounds. Practice #BeachSafety by deciding to #SwimIt #ShoreIt or #DodgeIt.

The beach is beautiful, but can also be dangerous. A #RipCurrent is a powerful current of water that channels away from shore. If you're caught in a rip current, stay calm and swim parallel to shore. #BreaktheGripoftheRip! <https://goo.gl/fAedFi>

#FL has 9,000+ miles of beautiful beaches! If you’re visiting one today, make sure to check #FLHealth beaches site for updated water quality reports: <https://goo.gl/EhvtzZ> #SwimIt #ShoreIt or #DodgeIt to practice #BeachSafety

Know when you should #SwimIt #ShoreIt or #DodgeIt if you are enjoying time at a #FLbeach! Get more #info with this video!

#DYK that swimming in freshwater in some countries can spread infections. Don’t risk it! Avoid rivers and lakes where these infections are a problem. Find out more from @CDCtravel: <http://www.cdc.gov/travel>

Summer means getting outdoors and enjoying the beautiful weather at a #FLbeach, river or lake. Make sure you know when to #SwimIt, #ShoreIt or #DodgeIt to protect yourself from getting hurt or sick. Watch this video for more information.