

SUMMERTIME DOs and DON'Ts

- Never, never leave children unattended by water, especially a pool. Don't be distracted for even a moment.
- Never leave children or pets inside a car on a hot day.
- Leave snakes alone and they will leave you alone. Learn the poisonous ones in the area, and where to expect them.
- Never put your hands into a place where you can't see them – stone walls, shelves above your head, etc. "Things" will bite you.
- Wash your hands frequently.
- Your sink sponge – how old is it?
- Stay well-hydrated during hot weather.
- Watch (and check) for ticks!
- In places where you would expect to find bats (attics, sheds, barns, etc.) wear gloves if you are going to touch things that may be contaminated.
- Don't get sunburned. Period.
- Wear a helmet if you are doing anything more than walking.
- Don't drink from an open soda can if you are outside. Sometimes bees will go into the can and will sting as you put the can to your lips. Shake it first to let the bee out.
- Got your First Aid kit ready?
- If a fire breaks out in your kitchen or the barbecue – where is the fire extinguisher? Do you even have one?
- Wear eye protection whenever you are doing things such as weed-whacking, chopping wood, etc.
- Fasten that seat belt!
- Wash the tops of cans before opening and drinking from them.
- Drinking alcohol? Don't drive!
- If you are in a boat, have a life jacket on. Simple, no excuses.
- Get out of the pool or water even if it's only thunder.
- Wash all fruits and vegetables before eating.