

Stay-Cool This Summer

CHECKLIST

- I drank plenty of water.
- I wore a hat when I was outside.
- I used sunscreen.
- I wore light, comfortable clothing.
- I stayed in the shade when it was hot.
- I took breaks from outdoor activities.
- I ate healthy snacks and fruits.
- I wore sunglasses outside.
- I stayed indoors during the hottest part of the day.
- I cooled off with water or a fan.
- I listened to adults about sun safety.
- I checked how I felt and rested when needed.

