

Stay Cool This Summer

Drink Water

Drink plenty of water throughout the day.

Wear a Hat

Protect your face and head from the sun.

Wear Sunglasses

Keep your eyes safe from bright sunlight.

Find Shade

Rest in shady areas when outdoors.

Use Sunscreen

Apply sunscreen before going outside.

Wear Light Clothing

Choose lightweight, light-colored clothes.

Stay Indoors

Spend time indoors during the hottest hours.

Eat Cool Snacks

Enjoy fruits like watermelon and popsicles.

Cool Off

Swim or splash in water to stay cool.

Take Breaks

Rest often when playing outside.

