

Play it Safe- Summer Adventures Await!

1 Block the burn

Play early or late avoiding the strongest sun mid-day!

Wear shirts, hats, & sunglasses.

Use SPF 30 sunscreen or higher & reapply every 2 hours.

Don't forget your ears, nose, and toes—
sunscreen goes everywhere!



2 Swim safe

Wear bright colors, use a life jacket, and stay visible—smart choices keep you safe in the water!

Check beach closures and advisories due to unsafe bacteria levels.



3 Hot days need cool sips

Your body needs water like cars need gas-fuel up!

Pack a water bottle everywhere you go.

4 Gear up, roll safe

Wear your helmet every ride.

Use hand signals and walk bikes across crosswalks.

Eyes up, phone down- know what's happening around you.

Be bright- wear lights, safety vests, and use reflectors.

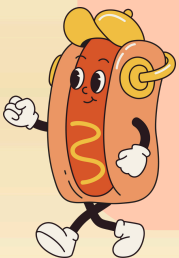


5 Safe food, fun mood

Don't let food sit out too long.

Food + heat + time = germs

Check food is cooked all the way through with a thermometer.



7 Power up before school starts

Don't wait- plan ahead and schedule appointments now!

Vaccines=super shields!

The Health Dept. hosts a vaccine clinic.
Scan for dates and eligibility.



6 Fight the bite

Mosquito bites itch and sting- use bug spray before you do anything!

The Health Dept. has tick kits with deer wipe, tweezers, alcohol pad, band aid, and tick ID chart.



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