Sun safety: We’re all at risk for skin damage from the sun. Shaded areas are good places to be, especially during midday hours. Apply and re-apply sunscreen with a sun protective factor (SPF) of 15 or higher—and if you are using lotion from last year, check the expiration date as most only protect for about three years. Be sure to wear appropriate clothing and hats to protect exposed skin, including sunglasses to protect your eyes.

Stay hydrated: As the weather heats up, drink plenty of water before, during and after exercise or any outdoor activity. Avoid extraneous activity during the sun’s peak hours.

Water safety: Follow rules and lifeguard instructions, and wear a life jacket when boating. Avoid alcohol use when boating, swimming or supervising children in water. Get trained in CPR and take swimming lessons to minimize the risk of drowning. Check daily for lake condition warnings.

Staying cool: Avoid your risk for overheating and heatstroke, a potential life threatening condition, by monitoring the daily weather forecast; staying in a cool, air conditioned environment; and dressing appropriately. Drink plenty of liquids, but avoid alcohol and caffeine.

Beat the bugs: Mosquitoes, bees, ants and ticks come out during the heat. Avoid their pesky bites and stings by properly applying insect and tick repellent. Wear appropriate clothing and check yourself daily for ticks.