

stay safe

ER visits

peak in the summer months.

Avoid these five common summer-related accidents and illnesses.



1 sunburn

Use a sunscreen with an SPF of 30+ and reapply every two hours

2 dehydration

Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks

3 burns

Use caution when dealing with flammable liquids, open flames, campfires and even barbecues

4 outdoor injuries

Wear appropriate attire and safety gear during activities like bike riding and hiking; water recreation should be monitored by an adult who knows CPR

5 food poisoning

Don't eat food left out of refrigeration for more than one hour when the temperature is above 90° F



JULY 19 SUMMER SAFETY TIPS

BE SAFE AND HAVE FUN THIS SUMMER:

Please join CHI Mercy Health's In-Patient Manager, Carla Bata, RN, MSN, and Director of Case Management, Naomi Koch, MS ECSE, to learn effective summer safety tips! They'll discuss sun safety and the importance of sunscreen, bug borne

SAFETY TIPS AND TRICKS TO ENSURE A FUN AND SAFE SUMMER!

FREE SUNSCREEN, BUG SPRAY, AND BICYCLE HELMETS GIVEN ON A FIRST COME FIRST SERVE BASIS!



**WORKSHOP SPONSORED BY:
CHI MERCY HEALTH
Wednesday, July 19
3:00pm-4:00pm
Gaukler Family Wellness
1st Floor Conference Room**