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FOR IMMEDIATE RELEASE
June 16, 2023
Summer Safely

School is out, the temperature is on the rise, and we are spending more time outside. Whether you are spending time at the pool, doing yard work, or hitting the trail for a hike, keep your family safe and healthy this summer by following these summer safety tips.

Check the weather before you head outside. The weather in Missouri is very unpredictable, but using weather apps on our phones makes it easier to adequately prepare for any type of weather. Having an idea of what the temperature may be helps determine how to dress, and what to bring to help keep you safe and protected from the sun.

Sunburn is a common summer injury. An increase in skin cancer, including melanoma, has been seen in people who get frequent sunburns especially at a young age. Applying a shot glass-sized amount of sunscreen 30 minutes before going outside is one of the best summer safety tips to ensure you stay healthy now and in the future. Don't forget to re-apply every two hours or more often if you are swimming or sweating.

Wear a US Coast Guard-approved life jacket that is appropriate for your weight and size when out on a boat. Other water safety tips include swimming in designated areas supervised by lifeguards, and always swimming with a buddy. Remember to designate a responsible adult to watch young children while at the pool.

Warmer weather can mean an increased risk for dehydration. Drinking plenty of water and avoiding sugary or alcoholic drinks is the best way to stay hydrated during the hot summer months. Drink at least eight 8-oz glasses of water a day, more if you are outside.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

As a leader in health, the Taney County Health Department serves Taney County residents and visitors in their pursuit of a healthy lifestyle and environment. The Taney County Health Department's mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website www.taneycohealth.org to learn more about our services.