

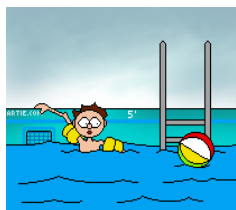


SUMMER SAFETY



WEAR A HELMET

Every bike ride – Every time



Use Sunscreen

SPF 15- 30, at least 30 minutes before going out



WEAR SUNGLASSES

Protect your eyes whenever you're outside



ALWAYS HAVE A BUDDY

Do things as a family – Never go off on your own



BEAT THE HEAT

*Drink water, wear hats, look for shade, use bug spray
and check for ticks every night*

