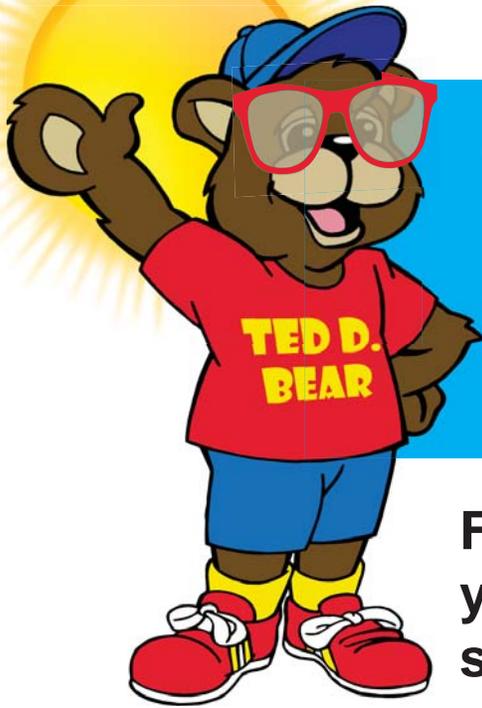


# Ted D. Bear's Tips for Kids



## Stay Safe this Summer

**Follow these tips to stay safe when you play outdoors throughout the summer and all year round:**

Only go in the water if an adult is watching you. It's also best to swim with a buddy. Don't push or jump on others, and always follow pool/beach rules.



Always wear sunscreen when you're outside (minimum SPF 30) and limit the time you spend in the sun between 10 a.m. and 3 p.m. when its rays are the strongest.

Don't forget your helmet! Wear bright colors or put reflectors on your scooter or bike. Obey traffic rules and walk when crossing an intersection.



Only adults should handle fireworks, and they should never be used indoors. Sparklers can also be dangerous because they can burn skin and clothing.

These safety tips are courtesy of **Franklin County Children Services** where we advocate for each child's safety, permanency and well-being. [childrenservices.franklincountyohio.gov](http://childrenservices.franklincountyohio.gov) • (614) 275-2523