



## SUMMER SAFETY

### GRAPHIC 1



### CAPTION

Even if your teen thinks they're too old or too cool for a bike helmet, wearing one could prevent a serious head injury. Here's everything parents need to know about teens and bike helmets:

[on.ny.gov/3QEppSJ](https://on.ny.gov/3QEppSJ)

### GRAPHIC 2



### CAPTION

Having a BBQ this weekend? Don't forget about food safety. Always use separate plates for raw meat and use a thermometer to make sure your food is cooked through. More tips: [on.ny.gov/3R9d9do](https://on.ny.gov/3R9d9do)



**GRAPHIC 3**



**CAPTION**

Hundreds of people in NYS drown or are hospitalized for severe injuries, with kids and teens at the greatest risk. Take steps to prevent a tragedy: [on.ny.gov/4taXoRe](https://on.ny.gov/4taXoRe)

**GRAPHIC 4**



**CAPTION**

Always swim with others and keep an eye on each other. Parents should make sure they are watching their children, even when other adults or a lifeguard are present. More drowning prevention tips: [on.ny.gov/4czH5q5](https://on.ny.gov/4czH5q5)



**GRAPHIC 5**



**CAPTION**

Exposure to the sun's rays happens during everyday activities like gardening, walking and biking. Even when a sunburn or tan fades, damage caused to skin cells does not. Know how to protect yourself and your family: [on.ny.gov/4vww9y0](https://on.ny.gov/4vww9y0)

**GRAPHIC 6**



**CAPTION**

Make sure you and your loved ones know how to be prepared for storms, floods and power outages. Some resources to help you prep for summer storms: [on.ny.gov/41DWC37](https://on.ny.gov/41DWC37)



# Public Health Toolkit

## Social Media



Department  
of Health