

## Stay Safe and Healthy on your Summer Vacation

**Staying Safe in Cities** Whether you take a European vacation or a trip to New York City this summer, urban dangers are everywhere and you've got to be on your toes when it comes to protecting your belongings – as well as the ones you love. Before taking a summer in the city jaunt, read our list of tips on how to stay safe on your urban adventure.

- *Don't wear a lot of expensive accessories which could make you a target.*
- *Be sure that everything you have on your person is secure and will not fall off.*
- *Don't carry a large bag. Instead use a small purse that you can wear across your shoulder and hold onto tightly.*
- *Avoid putting money, your cell phone and other valuables in your back pockets.*
- *Don't leave your valuables out in your hotel room. Either lock them in your room safe, in your suitcase (if it locks) or take them with you.*
- *Always travel in a pair or group and avoid temptation to wander off alone.*

**Heat Safety** No matter where you go for your summer vacation, chances are, you're going to encounter some level of excessive heat. Avoid heat exhaustion and other side effects by reviewing our heat safety tips.

- *Stay hydrated by drinking plenty of water. Carry bottled water with you everywhere to make sure you are drinking enough, and if you're unsure of the water safety, don't drink the local water. Only drink bottled water.*
- *Avoid drinks that contain caffeine, alcohol or large amounts of sugar because these can dehydrate you further.*
- *If you're vacationing in temperatures above 90 degrees, stay indoors in the air conditioning, if possible.*
- *Wear light weight clothing and dress in layers.*

**Pool Safety** Whether you're having a "staycation" at home, going to a Theme Park Resort or just at a hotel, summer vacations aren't complete without a trip to the pool. Have fun, but don't dive in without checking out our pool safety tips first:

- *Never leave your child alone in or near the pool.*
- *Be aware of the local emergency and/or rescue contact information in your cell phone in case of accidents or emergencies.*
- *Don't allow toddlers to swim without a life vest or swimming aids.*

**Sun Safety Tips** If you're going to a destination where you expect to experience a lot of direct sunlight, read our sun safety tips to prepare for having fun in the sun – without getting scorched.

- *If possible, avoid being outside between 10 a.m. and 4 p.m., if possible.*
- *Wear SPF 15 or higher all of the time.*
- *Re-apply sunscreen often.*
- *Wear a hat that protects as much of your face and head as possible.*
- *Wear sunglasses to protect your eyes.*
- *If you are taking medication, check with your doctor to see if you need to take extra precautions.*
- *Encourage children to play in the shade.*



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