Whether you are taking summer classes, have a summer internship, or plan to make the best of a class-less summer, finding a balance between enjoying your summer and staying healthy and safe is extremely important.

Pool Rules

Swimming is not only fun, but it is also a great form of exercise. However, thousands of deaths and accidents associated with water recreation occur each year. The summer safety tips below are great guidelines to follow when swimming:

- Always use the buddy system by swimming with a friend.
- Swim at places that have lifeguards when possible.
- Always check local weather conditions and warnings before swimming. Avoid dangerous conditions like thunderstorms or strong currents.
- According to the Center for Disease Control and Prevention, among adolescents and adults, alcohol use is involved in up to 70 percent of deaths associated with water recreation. Be a responsible drinker and avoid drinking alcohol before and during water activities.

Biking Around Town

Bicycling is a fun, budget and environmentally-friendly form of transportation that is a great way to get around campus. However, bicycling does require added safety precautions. Use the below biking in the summer health tips to stay safe:

- Helmets greatly reduce the risk of brain injury. Always wear a helmet.
• When riding at night, always wear reflective clothing, a headlight, and add a rear reflector to your bike.
• Ride with the flow of traffic.
• Follow the rules of the road, and obey all traffic signals and signs.
• Use directional hand signals when turning.

Fun in the Sun

Health professionals recommend getting 15 minutes of sunlight each day to get the most vitamin D benefits. However, too much sun exposure can increase your risk of developing cancer. Following the below summer health tips will help you avoid sun damage to your skin:

• Wear sunscreen with an SPF of at least 15. Be sure to reapply your sunscreen as directed.
• Exercise in the shade to stay cool.
• Wear protective clothing such as hats and sunglasses to minimize the effect of the sun’s rays.
• Lower your risk of catching Lyme disease or West Nile virus by wearing proper mosquito repellents, especially when you will be in wooded areas.
• Reduce the risk of developing a heat-related illness by knowing the signs of dehydration and staying hydrated. Keep water or sports drinks on hand if you know you will be out in the heat for an extended amount of time.
• Avoid consuming alcoholic and caffeinated beverages before and during outdoor activities because they increase your risk of becoming dehydrated.