



SCHOHARIE COUNTY

DEPARTMENT OF HEALTH

ASANTE SHIPP-HILTS, M.P.H.
PUBLIC HEALTH DIRECTOR

284 MAIN STREET, P.O. BOX 667 SCHOHARIE, NY 12157
(518) 295-8365 FAX: (518) 295-8327 HEALTH@CO.SCHOHARIE.NY.US

IAN R. FEINSTEIN, M.P.H.
DEPUTY PUBLIC HEALTH DIRECTOR
DIRECTOR OF WEIGHTS AND MEASURES

Summer Sun and Water Safety Tips

Keep your family safe by following these sun and water safety tips:

- The first and best line of defense against sunburn is covering up. Wear a hat, sunglasses and clothing with a tight weave.
- Stay in the shade whenever possible and limit sun exposure during peak intensity hours between 10 a.m. and 4 p.m.
- Be sure to apply enough sunscreen – about one ounce per sitting and don't forget to apply to ears and neck. Reapply every 2 hours or after swimming, toweling off or sweating a lot.
- Never swim alone. Even good swimmers need buddies!
- Never dive into water unless the depth of the water is known and has been checked for underwater objects.
- Never leave children alone in or near the pool or spa, even for a moment.
- Never let your child swim in canals or fast moving water.
- A lifeguard or an adult who knows about water rescue should be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water –use “touch supervision”, keeping no more than an arm's length away.