



College of Agriculture, Human and Natural Sciences

Disaster Education Response Team



Staying Safe While Having Fun in the Sun

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The weather is nice and everyone tells you how good it is to play outside and play!
But it's **HOT!!!** So you need to be safe, too.



- **Hot Stuff**

- Some materials out in the sun get too hot to play on. Check things like slides, monkey bars and sand boxes with your hand before you use them. Pavement also gets hot, so make sure you wear shoes to play.



- **Play it Cool**

- Eating or drinking something cold or holding ice are fun ways to cool off. Fans evaporate your sweat and make you feel much cooler. You don't need an electric fan, use any stiff paper to make your own.



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Disaster Education Resources

Call (615) 963-1375 for more information.



- **Drink Up**

- Did you know that you are about 60% water? You sweat that out faster in hot weather. So, drink up! Water is the best beverage for you. It cools you off without adding all that sugar and caffeine you don't need.



- **Take It Easy**

- Rest is important during play. Even before you get tired, you may overheat from being active in high temperatures. Alternate some quiet activities with your running around; read a book in a tree, play rock-paper-scissors, or bring a board game outside. Hug a tree! The shade that they provide can protect you from the sun and help you feel a lot cooler.



- **Be Safe**

- It may seem fun to play in cars and other small places but this can be very dangerous, especially in the heat. The temperature in a car can be much higher than outside. Many kids die from being left in cars in the heat.
- Swimming or playing in water is a great way to cool off. Since you feel less hot in a pool or lake, you may get sunburned or dehydrate or burn without realizing it. Pay attention to how long you are in the sun and drink plenty of water, even if you aren't thirsty.
- Always wear sunscreen if you are going to be in the sun for awhile. Sunburns hurt! They also damage your skin and make it more likely for you to get some diseases when you are older. Even if you don't get burned, a lot of sun can cause damage to your skin when you are older...so lather up!



- **Pets - Your pets love playing outside with you! They need to be protected in the heat, too.**

- Don't walk them very long on hot pavement or they can burn their feet.
- They need plenty of water.
- They need shade or they can overheat quickly.
- They love to play with you, but they need rest times, too, to cool off.
- NEVER leave a pet in a car, even for a short time. It gets too hot, even with a window cracked.



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