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Presents:

Fun in the Sun!

Celebrating the Joys of Summer Safely



Summer is Here!

As we enter the summer months, many families have started planning trips and activities, while others might be revisiting pre-planned itineraries. From long distance travel to day trips, here are a few things to consider while having fun in the sun.



Plan

Being prepared is always beneficial for a successful summertime outing

1. Keep a structured but relatively loose summer schedule.

2. Make a list of your family and individual goals for the summer.
It is easier to organize and plan if you know what you would like to accomplish.

3. Remember that a lot of summer activities are free, and summer can still feel special and fun without breaking the budget.

4. Downtime does not mean boredom. Every moment does not need to be filled with a scheduled activity. So, RELAX!



Travel Options

Flying

Traveling is a wonderful way to spend the summer. It provides opportunities to see the world, experience diverse cultures, and reconnect with loved ones. Preparing in advance will allow you to take advantage of summer discounts on flights and lodging. Whether flying internationally or domestic, these experiences will create new and wonderful memories.



Roadtrips

Road-trips can be a more cost-effective way to travel during the summertime. Not only are you able to travel to visit a new destination, but the journey itself can be filled with adventure. Be sure to map out your route, pack games, visit historical landmarks and choose the best restaurants along the way.

Staying close

Don't overlook the treasures that can be found right in front of your eyes. Planning a day trip to your local park, beach, museum, aquarium, or zoo can be great fun. These kinds of activities can also be repeated multiple times throughout the summer without becoming overly expensive, and many of these activities are often free.



Staycation

Be creative! New adventures can be found right in your own backyard. You can create the ultimate summer trip without ever actually leaving home. With a few decorations, festive cuisine, and your imagination you and your family can experience a Texas barbeque, Hawaiian luau, or an evening of “glamping. It is also budget friendly, and everyone can participate, even family pets.

Summer Essentials



Whatever you choose to do this summer, always pack your preparedness mindset. Here are a few safety tips to keep in mind.

❖ Hydration

Getting enough water every day is important to your health, especially during warm weather. Our bodies are made up of 60% water, and we literally cannot live without it. Be sure to keep water with you, and drink throughout the day. If you are thirsty, you could already be dehydrated.

❖ Sunscreen

Remember to apply sunscreen daily, with SPF (sun protection factor) of at least 30 to protect against harmful UV rays. Regardless of skin color, gender or age, everyone needs sunscreen.

❖ Bug spray

Use bug spray to protect against insect bites, especially if you are spending the day outdoors. Insect bites can be itchy and painful, and even more serious if you are allergic.

❖ Emergency kit

Be sure to keep two emergency kits, one for your vehicle and one for first aid. If you experience an accident or car trouble, having items such as seatbelt cutter, jumper cables, flares and cones in your trunk will be beneficial. First aid kits are always essential. The reality is an injury can occur at anytime and anywhere. While all injuries cannot be fixed by using first aid kits, they do work well for minor injuries and can lessen the effects of more serious ones, until medical help is available.

Medication and Vaccination

We often relegate cold and flu season to the winter months, but these illnesses can occur year round. Consider restocking your allergy, cold, and flu medications. There are also preventative measures we can take, such as getting plenty of sleep, drinking plenty of fluids, and boosting our immune systems with necessary vitamins and foods. While that is not a guarantee to prevent sickness, you may be able to lessen the effects.



**Remember to stay diligent in the fight against COVID-19:
The CDC continues to recommend:**

- 1. Washing your hands often**
- 2. Consider wearing a mask in unfamiliar crowded or confined areas such as public transit or large events.**
- 3. Consider getting vaccinated if you have not, and if you are, stay up to date on COVID-19 boosters to prevent the spread of its many variants.**

Preparedness Mindset

Be Safe – have a vehicle maintenance check performed before leaving home.

Be Focused- do not drive while intoxicated and eliminate all other distractions such as texting and taking pictures.

Be Prepared- keep a first aid and disaster kit in the car in the event of an emergency. Remember to pack an extra phone charger and flashlight.

Be Smart – avoid sharing your travel status on social media. This can potentially alert intruders that you will not be home. Cancel newspaper delivery and put a hold on your mail if you plan to be away for more than a few days.

Be aware - travel requirements and restrictions may vary by location. Be sure to check in advance and carry required documents and extra masks in case they are mandated. Ensure that all family members and all travel companions can contact one another if separated.

These tips and your preparedness mindset can help your family stay safe during summer adventures.



Resources

Having Fun Safely

For parents:

<https://travel.state.gov/content/travel.html>

<https://wwwnc.cdc.gov/travel>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

<https://www.cdc.gov/healthequity/features/kidsafety/index.html>

<https://www.tsa.gov/blog/2018/05/16/tsas-5-essential-summer-travel-tips>

<https://kidshealth.org/>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/beach-safety.html>

<https://www.noaa.gov/topic-tags/beach-safety>

<https://www.nhtsa.gov/summer-driving-tips>

<https://travel.state.gov/content/travel/en/contact-us/Emergencies-Abroad.html>

Hotline:

<https://www.poison.org>

Call (800) 222-1222



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