

Ready for adventures

Summer is a great time to be outdoors. The Kid has some tips on how to play it safe as you go about your adventures.

Grab your bug spray, sunglasses, bottled water and first aid kit and let's get started!

Speaking of bug spray, have you looked at the store shelf lately? Most stores carry a huge variety of sprays. Some work better than other. The ones that contain the chemical DEET or Permethrin work best for flying insects and ticks. Put the repellent on your shoes, socks, cuffs and pant legs.

Wear light-colored clothing. This helps keep you cool and most insects will be easier to spot if they get on you.

Sunshine feels good, but too much can make you sick. Follow these ABC's for safe fun in the sun.

A=Away - Stay away from the sun in the middle of the day.

B=Block - Use SPF (Sun Protection Factor) 15 or higher sun block. Apply the sun block 30 minutes BEFORE you go outside. Reapply every three to four hours.

C=Cover Up - Wear a T-shirt and a hat.

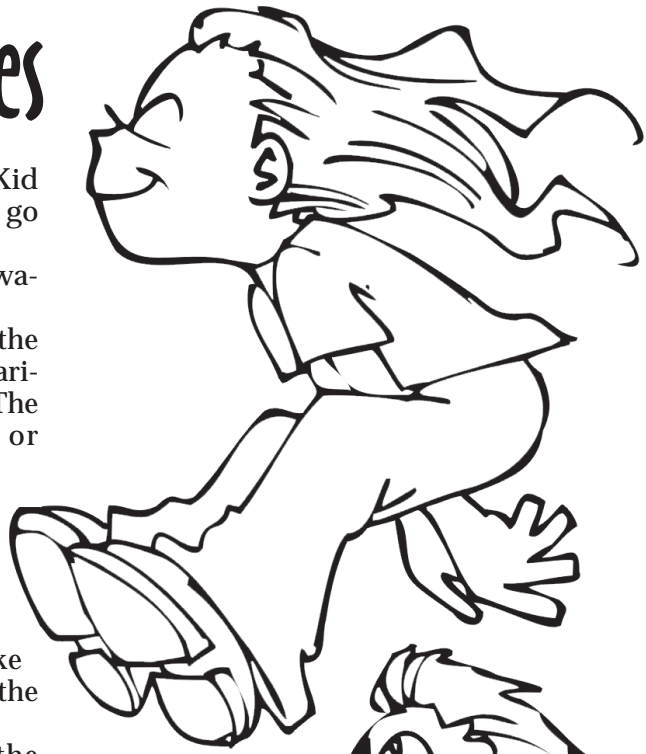
S=Sip - Lots of fluids like water

A well-stocked first aid kit is part of a good survival plan. Include a first aid manual, flashlight and extra batteries, sterile gloves, multiuse tool, tweezers, emergency blanket, sugar tablets or hard candy, magnifying glass, small mirror, thermometer, instant cold pack, sterilized water packet and medical tape.

You may also include a needle and thread, safety pins, scissors, bandage strips, eye dressing, elastic wrap bandage, gauze pads, antiseptic wipes, lip balm, antiseptic cream, and wipes.

If you are traveling, look up information about the area you will visit. Find out what kind of snakes, spiders, reptiles, insects or other animals you might encounter. You may need to add other items to your list of first aid supplies.

Now let the summer begin!



C	A	M	P	U	X	B	V
O	H	I	K	E	F	A	S
M	M	W	U	L	E	S	T
P	O	S	O	C	C	E	R
U	V	G	D	Y	A	B	O
T	I	A	R	C	B	A	P
E	E	B	A	I	G	L	S
R	X	O	W	B	A	L	A

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Find these words:
Baseball, Bicycle,
Camp, Computer, Draw,
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"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."
James Dent



Newspaper in Education activity

Search through your newspaper for activities in your community in the coming week. Make a list of the ones where you would need sun protection and another list for the ones where you would not. Which list is the longest?