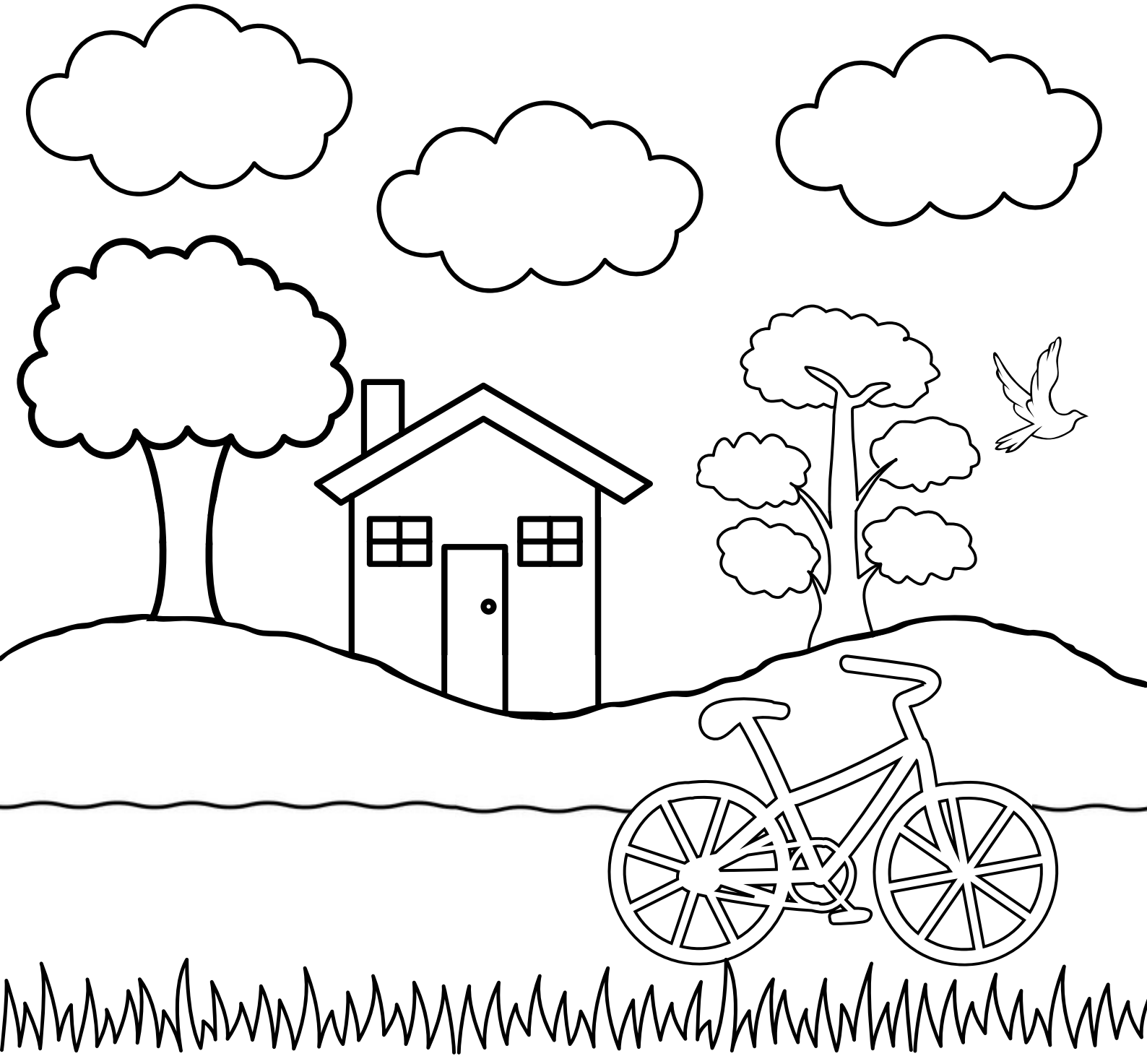
My Summer Safety Book

Activity and Coloring Book

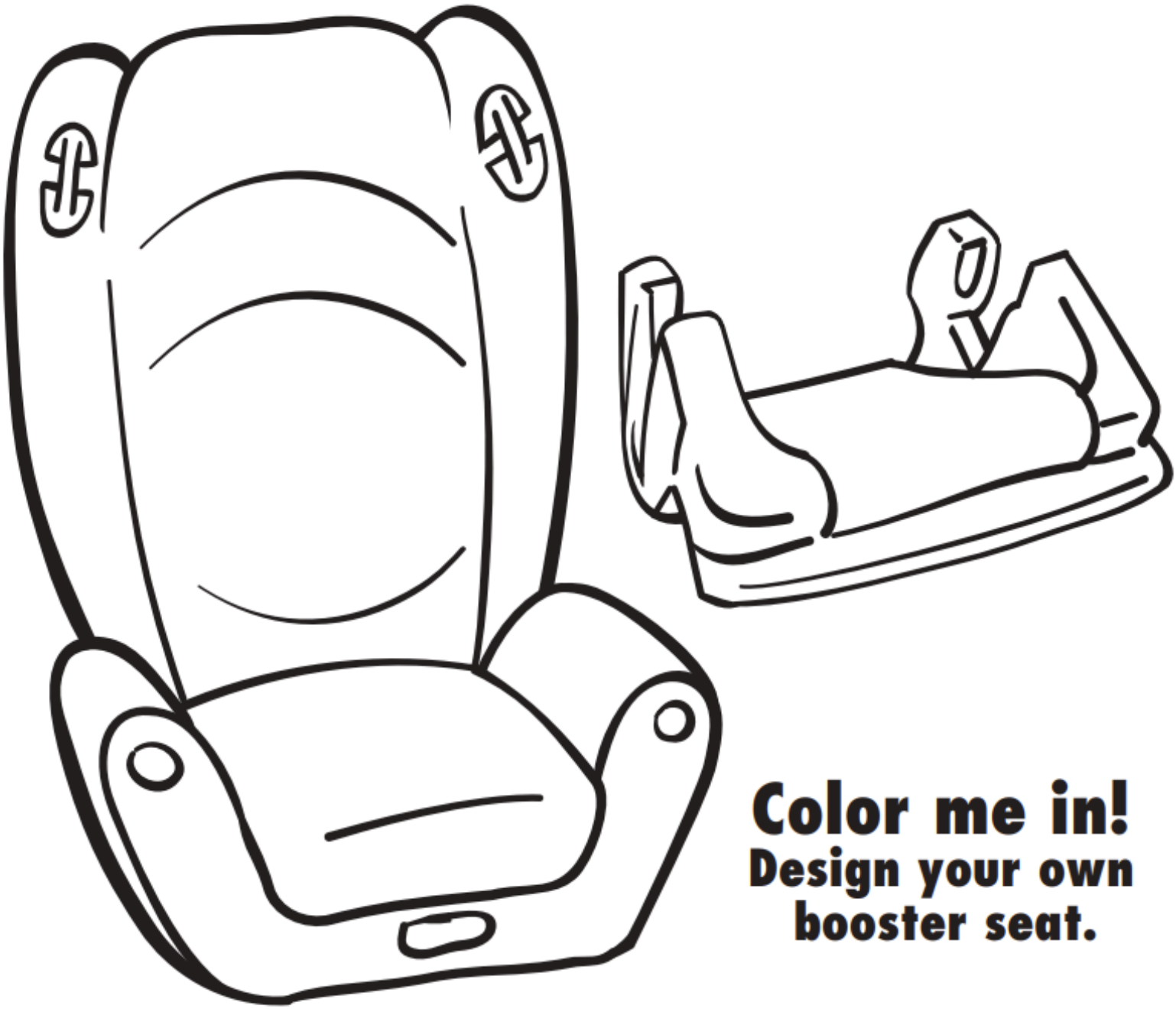


Name:

Summer Travel Safety is Important!

Booster seats aren't just for babies they are for kids like you too! Children ages 8 and under must be restrained in an appropriate child restraint system and should be buckled in the backseat.

Give Me a Boost!

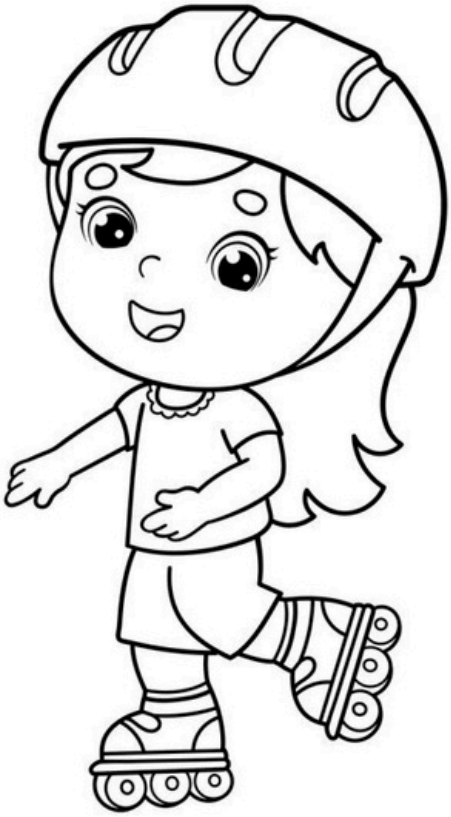


Color me in!
Design your own booster seat.

Don't Forget...
Safe Summer Travel Includes

SKATEBOARDS,

SCOOTERS,

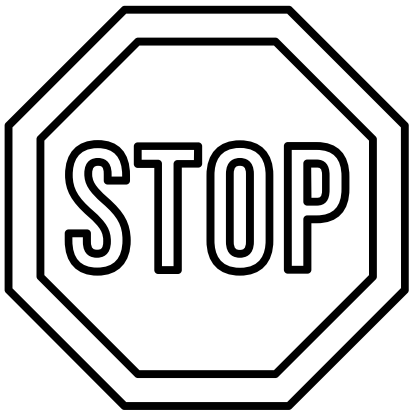


ROLLERBLADES,

AND BIKES!

The skate boarder has on all of his safety gear including his helmet, sneakers, elbow pads and knee pads. Draw the missing safety gear on the rest of the kids.

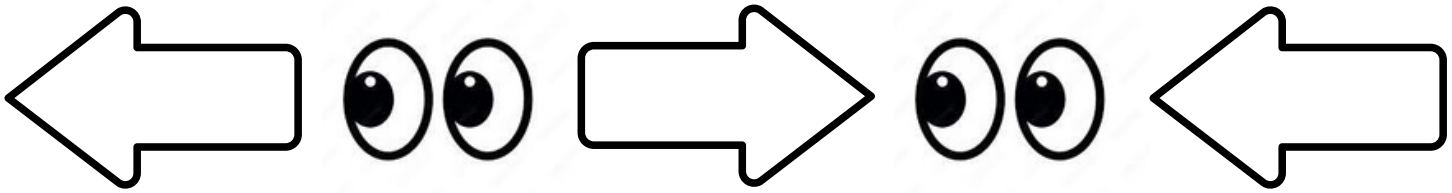
Do you know these smart steps to safe riding?



1.Obey all traffic signs and lights.

2. Wear your helmet and bright colored clothing.

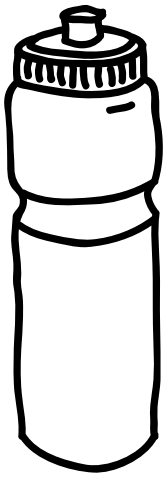
3. Ride only in safe places.

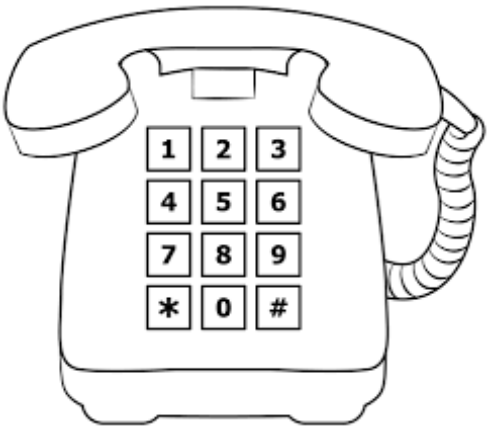


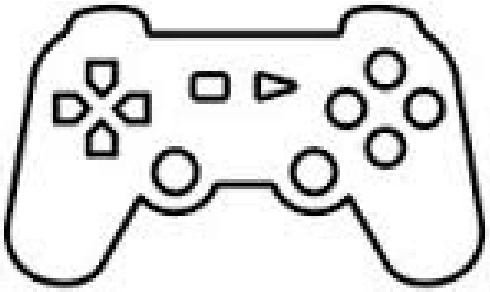
4. Look left, right, and left again before you cross sidewalks, driveways, and roads. Continue to look as you cross.

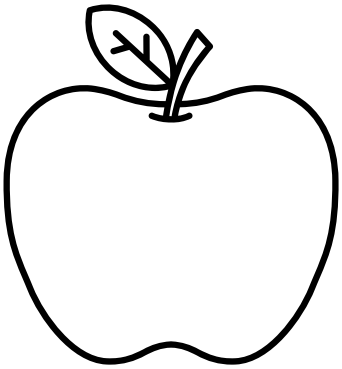
5. Always ride with a buddy!

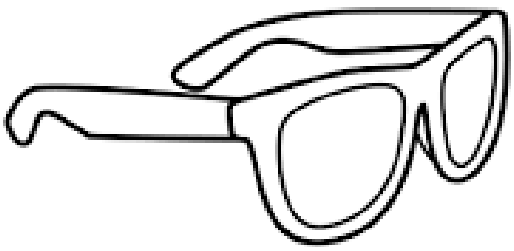
You and your friends are getting ready to go on a bike ride.
Circle objects you need to be safe.







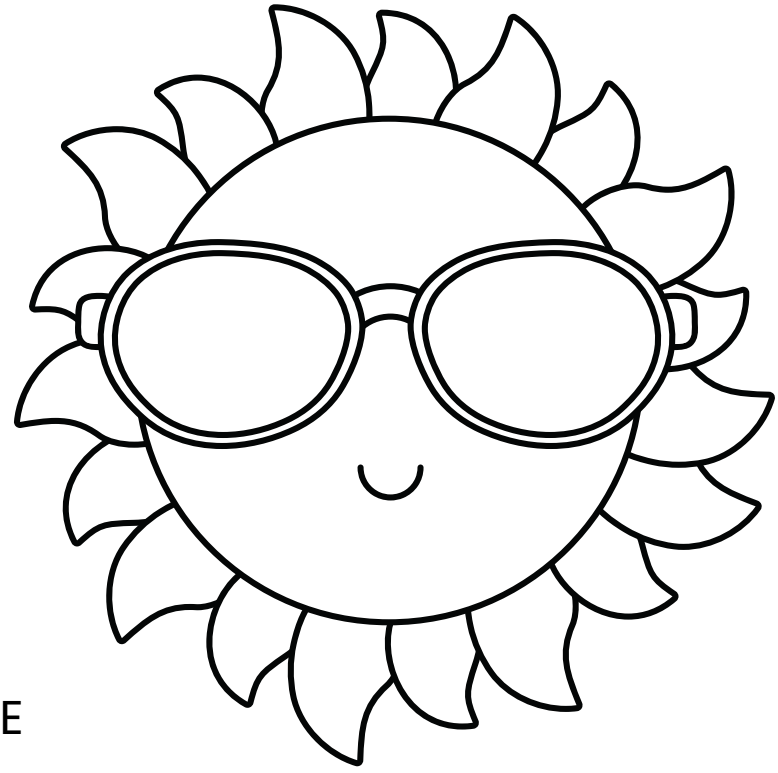




Can you find all of the summer safety words?

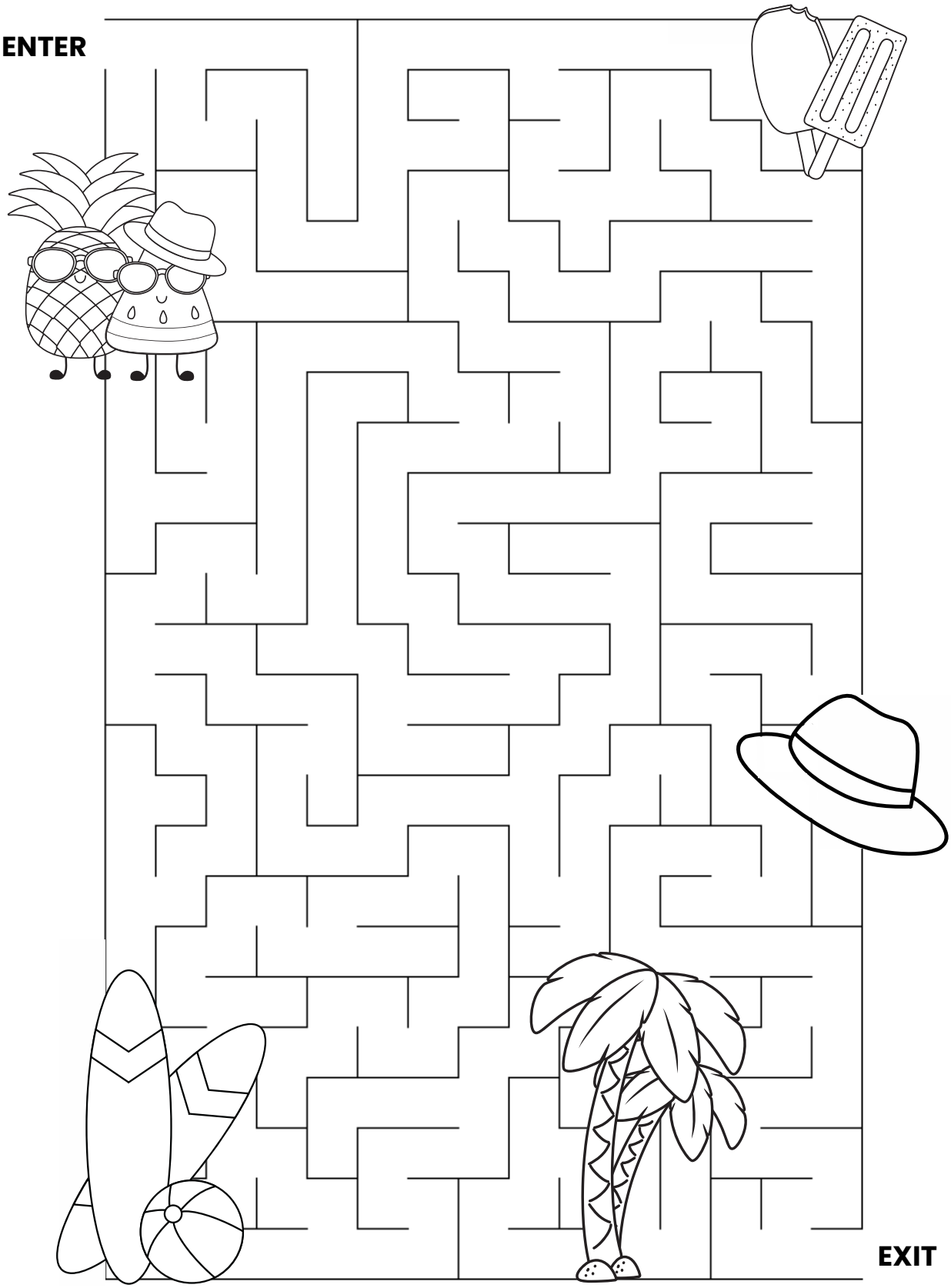
X S F W L T W L L I P B A L M O W S
H B L H W I L F S T W N M I Y B A M
U U A L O M F D S N A C K S W O T R
M G S I S O H E S H E U D S C O E T
B S H F L G F V J T K A N H A T R I
R P L E F I R S T A I D K I T S B C
E R I G T F P N U K C S W E H C O K
L A G U O K P A N T S K L I R U T K
L Y H A W H E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

BOOTS
BUG SPRAY
COMPASS
FIRSTAID KIT
FLASHLIGHT
HAT
HELMET
LIFEGUARD
LIFE JACKET
LIP BALM
PANTS
SHADE
SNACKS
SNEAKERS
SUNGLASSES
SUNSCREEN
TICK KIT
TOWEL
UMBRELLA
WATER BOTTLE



Can you find your way to some shade?

Stay safe and cool this summer by wearing sunscreen, drinking lots of water, and taking breaks from the sun to avoid heat exhaustion.



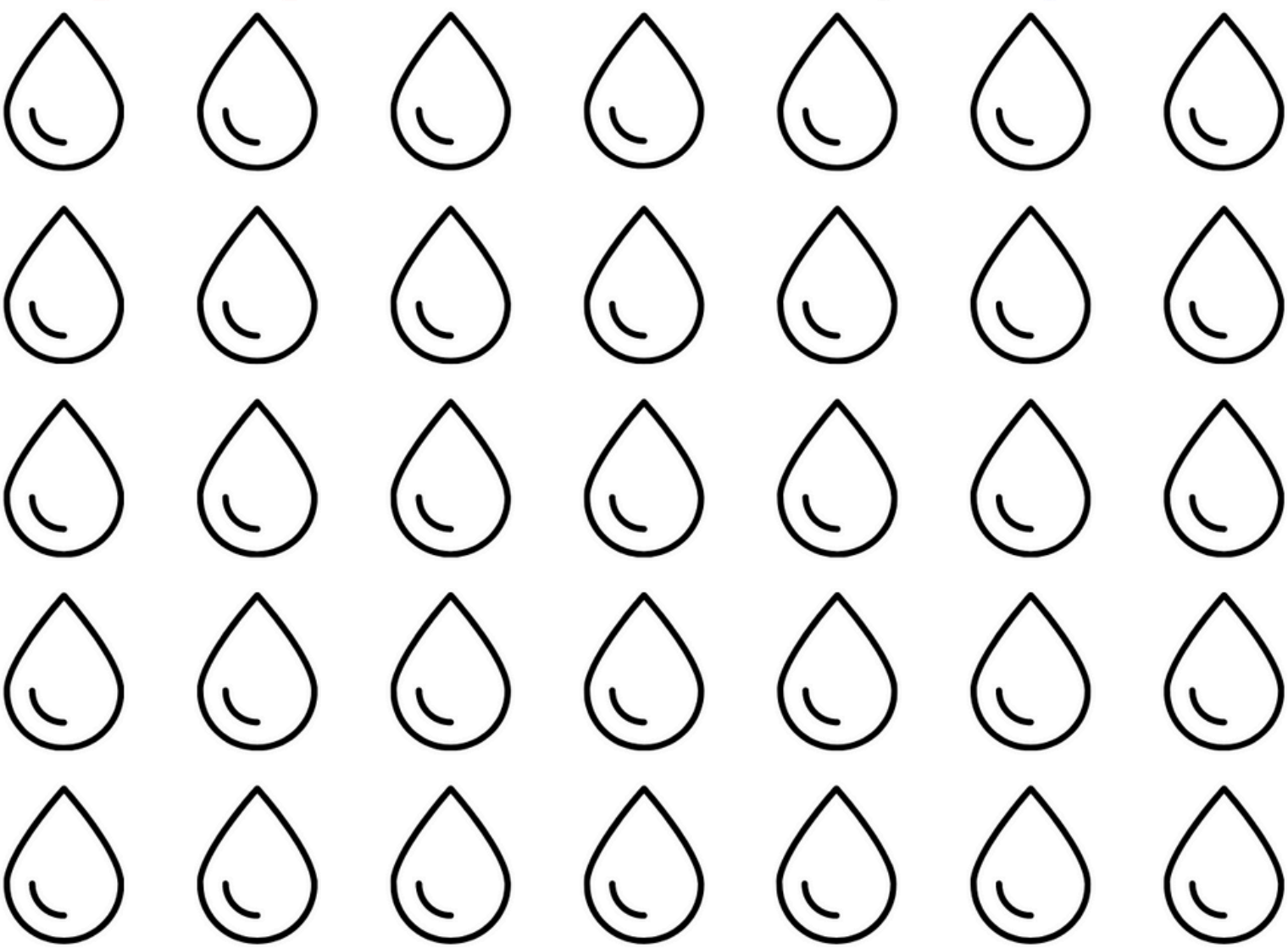
Signs of heat exhaustion include

Heavy sweating; weakness/tiredness; cool, pale and clammy skin; fast, weak pulse; muscle cramps; dizziness; nausea or vomiting; headache; fainting.

How much water can you drink?

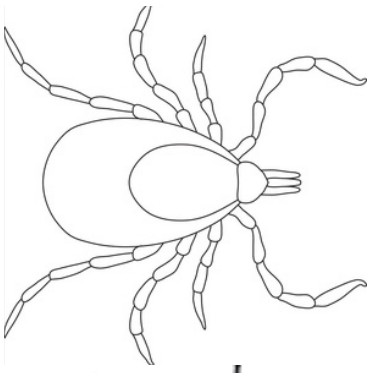
Color in a droplet for each day you drink water!

SUN	MON	TUES	WED	THURS	FRI	SAT



HEALTHY HYDRATION IS IMPORTANT!

Can you match the picture of each bug to its name?



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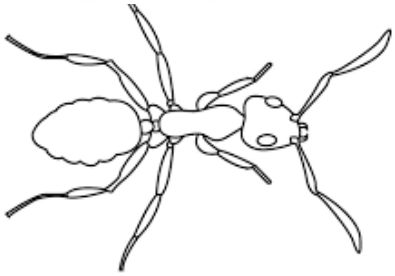
MOSQUITO

FLY

TICK

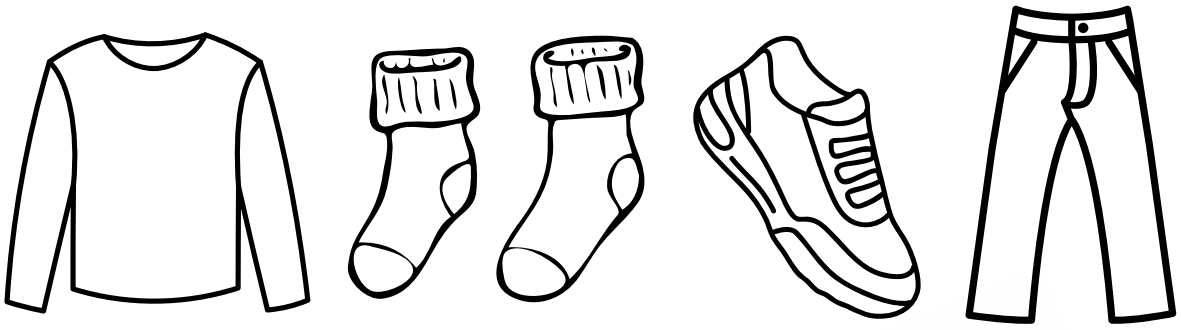


BEE

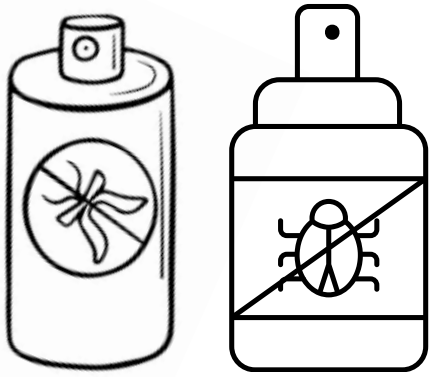
Circle the bugs that are important to watch out for.

What bugs can make you sick?

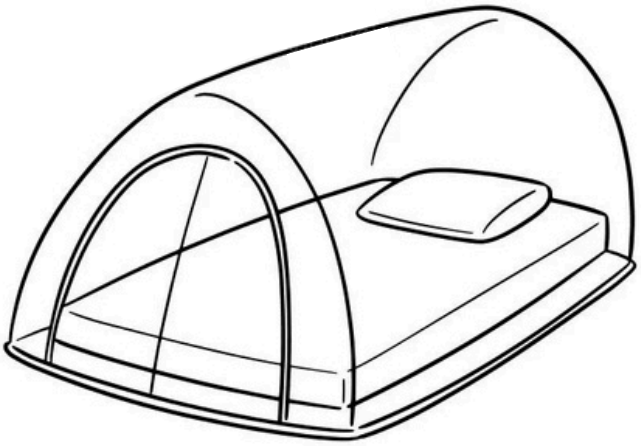
Bugs such as ticks and mosquitoes can bite and make you sick. To stay healthy protect yourself from ticks and mosquitoes by following these tips.



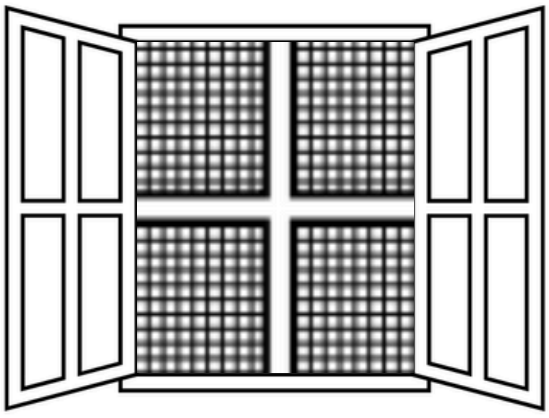
1. Wear long pants, long sleeves, long socks and closed toe shoes.



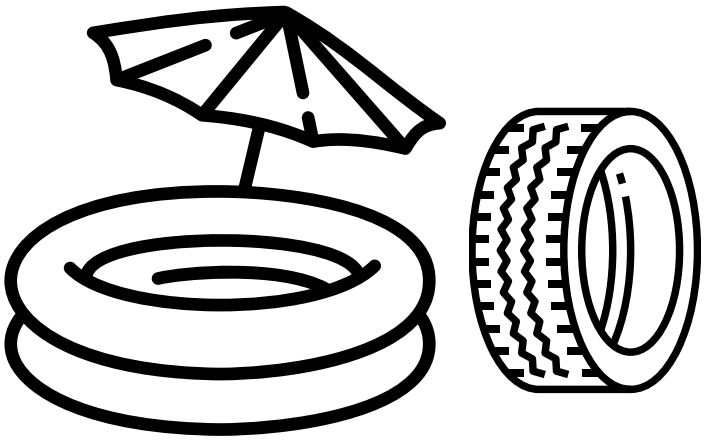
2. Use bug spray with DEET in it and have an adult help you put it on.



3. Use a bed net while camping.



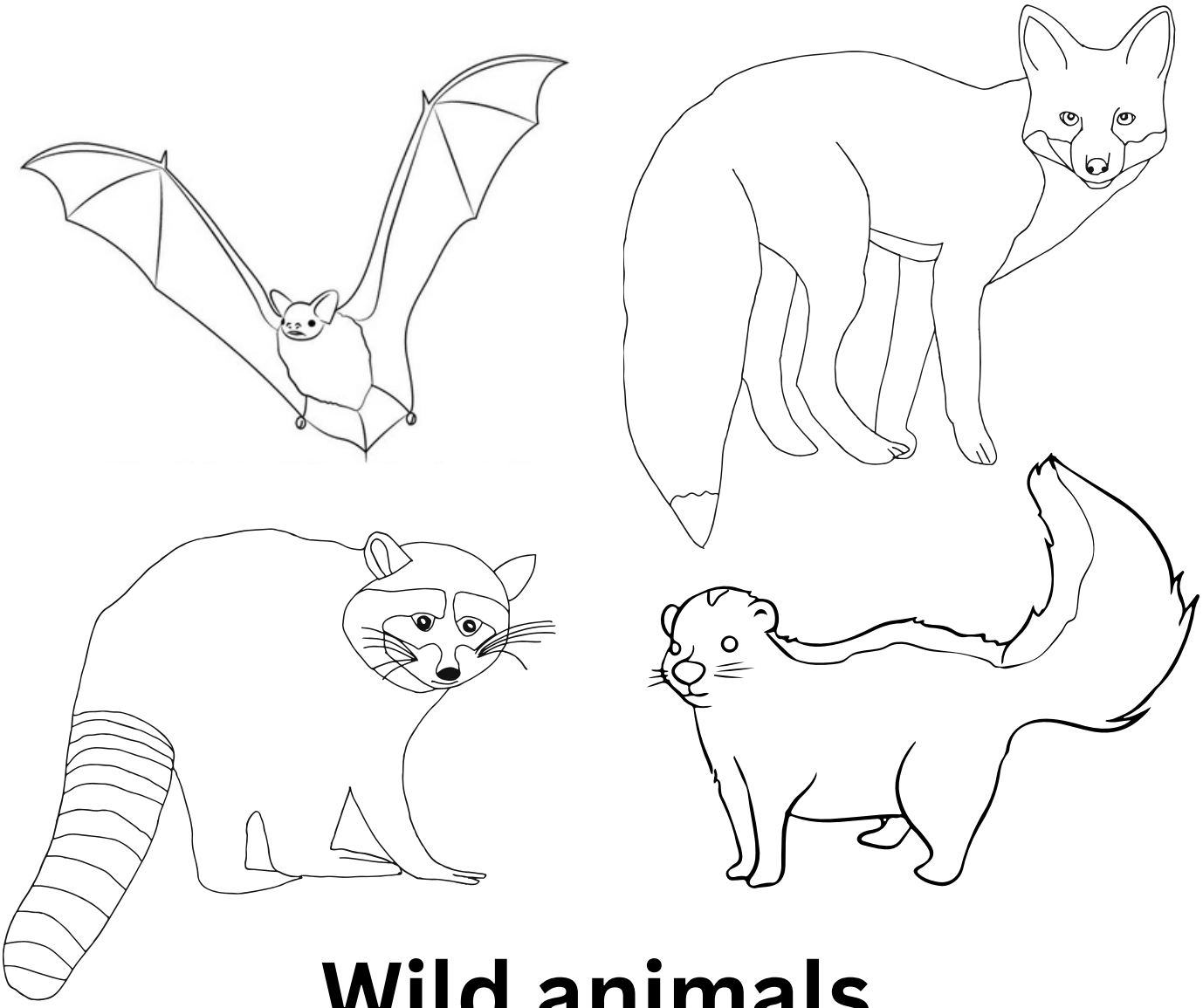
4. Only open windows and doors if there is a screen.



5. Empty out items that hold small amounts of water such as kitty pools and tires.

Stay Safe from Wild Animals

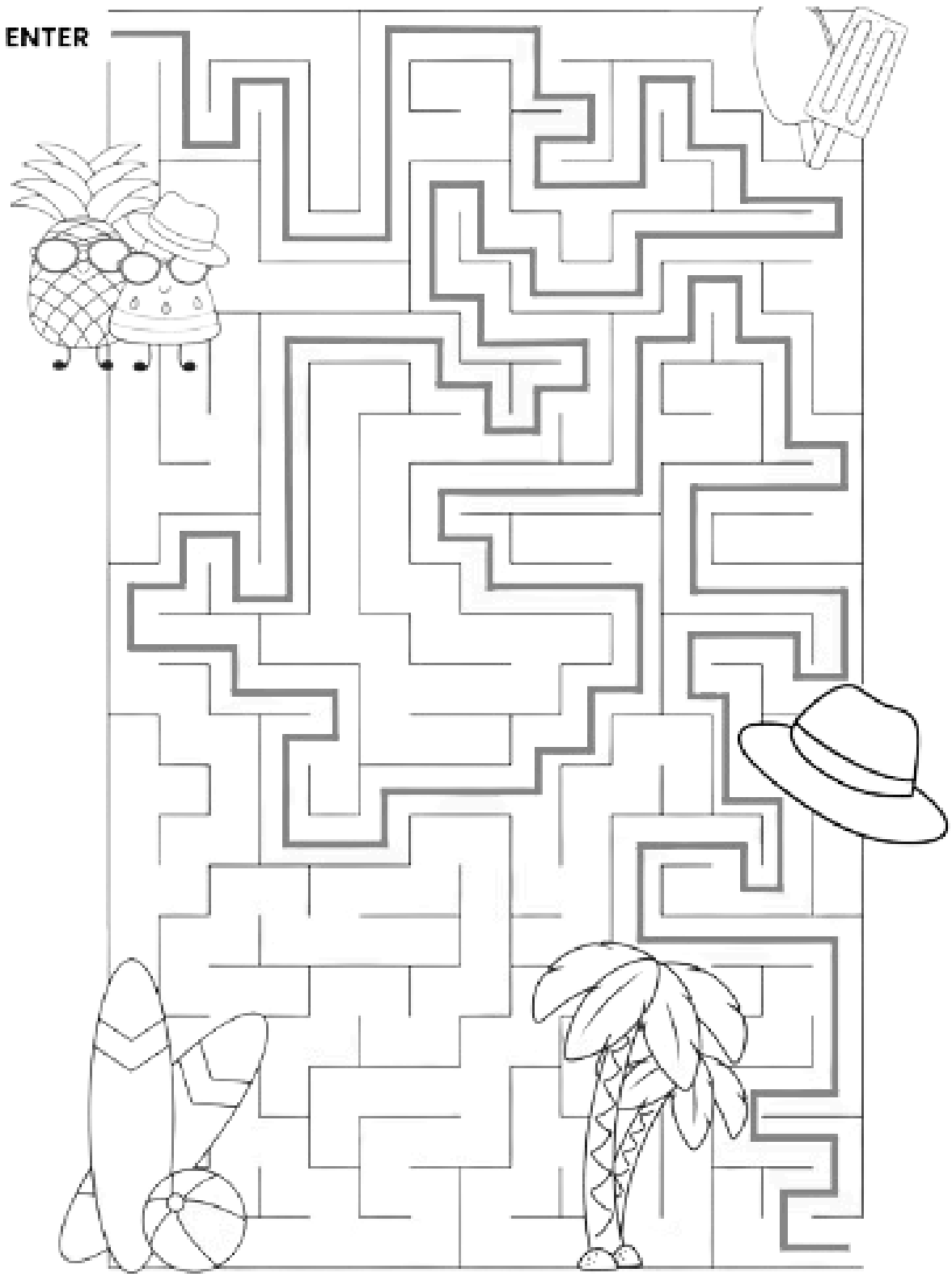
- Stay away from wild, stray, sick and injured animals at all times
- Keep pets away from wild or stray animals
- Do not feed wildlife

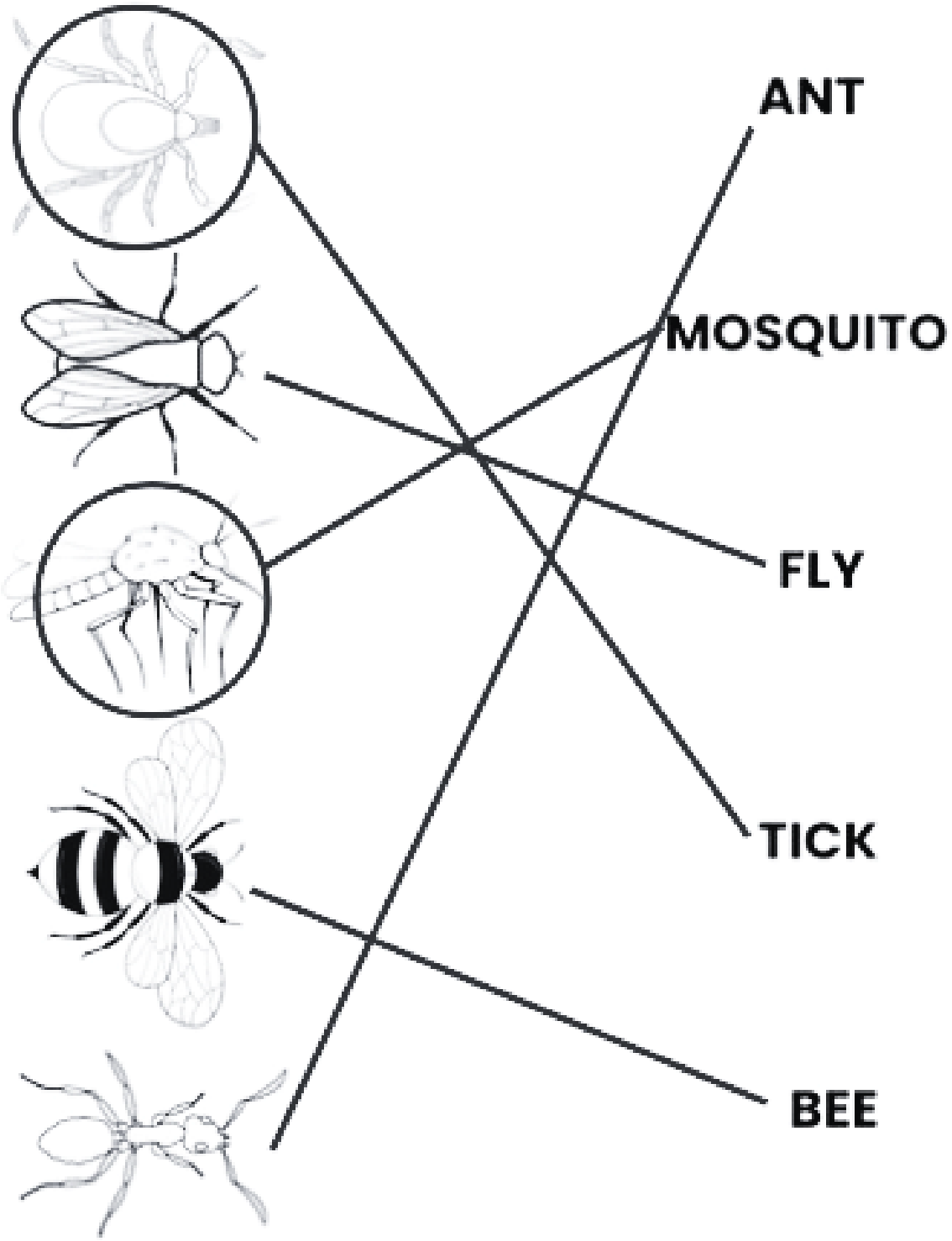


Wild animals belong in nature, not your hands.

Activity Answer Keys

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


ENTER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FLY
TICK
BEE

Resources

Here are some people you and your parents can contact for help and information.

Children with Special Needs
(315) 349-3510

Healthy Families
(315) 349-3553

Car Seat Program
(315) 349-3587

Immunization Clinics
(315) 349-3547

Mental Health Programs
(315) 349-8655

Rabies Hotline
(315) 349-3564 or after hours (315) 341-0086

HEALTH DEPARTMENT
OSWEGO COUNTY