

#### Outdoor Safety Tips

- 1. Wear Proper Clothing for your Activity & Weather 🥯
- 2. Be Weather Wise Check the Weather Forecast
  - 3. Wear Sunscreen and Reapply as Needed
- 4. Drink Plenty of Water and Watch for Overheating

# For more safety information visit:



safehome.org/resources/outdoorsafety-health-guide/

## **Find More Resources At**

### Garden City Parks & Recreation

townofgardencity.com/residents/recreation/



### Thriving Weld - Outdoor Rx

thrivingweld.com/outdoor-rx/

