

Summer Safety Tips

HYDRATION

- Your body is 60% water
- Drink at least 9 cups of water per day (13, if you are male)
- Drink 4-8 oz. every 15-20 minutes during exercise
- Caffeinated and alcoholic drinks actually dehydrate

PROTECT YOUR SKIN

- **IDEAL SUNSCREEN AMOUNT** is 1 oz. of sunscreen (a shot glass) each time you apply
- **REAPPLY** sunscreen every 2 hours
- **LIMIT TIME IN THE SUN** from 10:00 a.m. to 4:00 p.m.
- **USE MULTIPLE SHADE OPTIONS** including sunglasses, hats, and protective clothing

ROAD safety

Jumper Cables

A flashlight

First aid kit

Plenty of snacks and water

never

Leave a pet
in a hot car

AT THE POOL

Fence Around the Pool

Have Pool Rules

Keep Your Eyes on the
Kids

Put Away All Pool Toys
After Use

Provided by your friends at:

INDYQuest
PROPERTIES
YOUR DREAM IS OUR Quest

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