

Have a Fun and Safe Day at the Beach!

With the holiday weekend approaching, there will be picnics and beach outings. We're proud to be the home of so many vacation destinations, and we encourage all residents and visitors to stay healthy and safe when enjoying our wonderful beaches. Here are some tips to keep in mind!

For more information, visit [Our Gulf Environment](#).



Sunscreen:

- Sunscreen with an SPF of at least 15 is recommended.
- When going outside, apply a liberal amount of sunscreen to all exposed skin, even on cloudy days.
- Remember to reapply sunscreen to your skin when outdoors for more than two hours, and after swimming, sweating or toweling off.

Stay hydrated:

- Drink plenty of water when outdoors, especially in the summer heat.
- Pack bottled water when visiting the beach.
- Be mindful of the signs of dehydration: Dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue.

Water Safety:

- Pay attention to weather and water conditions such as rip current.
- Designate a Water Watcher to supervise children playing in and around the water
- Learn CPR. Learning CPR empowers you to make a difference and save a life.

Injury prevention:

- Wear sandals or water shoes to protect your feet on rocky or shelly surfaces.
- Water and wounds do not mix. Do not enter the water if you have fresh cuts or scrapes.
- It is important for those with a weakened immune system to wear proper foot protection to prevent cuts and injury caused by rocks and shells on the beach.

Safe picnics:

Keep your food safe: from the refrigerator/freezer . . . all the way to the picnic table.

- **Keep cold food cold and coolers closed.** Place cold food in a cooler with ice or frozen gel packs. Consider packing beverages in one cooler and perishable foods in another. That way, as *beverage coolers* are opened and reopened to replenish drinks, the *perishable foods* will not be exposed to warm outdoor air temperatures.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse **fresh fruits and vegetables** under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten.
— Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

(From the Food and Drug Administration)

Florida's beach environments:

- Be respectful of our wildlife. Many animals call Florida's beaches and coast home.
- Many animals, such as sea turtles, rely on responsible human behaviors to survive.
- It is everyone's responsibility to share the beach with these creatures and be mindful of their home.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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