## Happy 4th of July from 4-Safety!

Stay safe in the sun! Apply sunscreen regularly, wear protective gear like sunglasses and hats, and drink plenty of water!

Did you know? The 4th of July is the 3rd biggest holiday for pediatric injuries in the United States.

The 4th is the most dangerous day of the year for drivers. Be extra careful on the roads!



Swim with a buddy & always have an adult within 10 feet of any kids in the water!

Maintain your grill & check for any gas leaks before use. Cook meat to safe temperatures!









