

# SAFETY TIPS

## Staying Safe Outdoors

(NAPSA)—During warmer-weather months, parents have a wonderful opportunity to teach their kids about how to enjoy the beauty of nature safely. With the right knowledge and a well-stocked first-aid kit, families can steer clear of injury and infection in the wilderness. Here are some tips for picking the best safety supplies before a family hike through the open air:



**Family fun out of doors can be even better when you're prepared to stay safe.**

**1. Save your skin:** Don't forget to protect your skin by applying UVA/UVB full-protection sunscreen at least 10 minutes before you set out.

**2. Back off, bugs:** Make sure your first-aid kit includes insect repellent to fend off any flies or mosquitoes you might run into along the way.

**3. Accidents happen:** Should something unexpected occur, make sure your kit includes adhesive bandages, antibiotic ointments and alcohol wipes—CVS/pharmacy offers a First Aid Kit with all of these products, plus CVS Brand Peas Cold Therapy packs, sterile gauzes, bandages and other first-aid necessities.

**4. Check the kits regularly:** Remember to replace missing items or medicines that may have expired.