Outdoor Recreation Safety Tips:
- Start early and plan to return before 10AM
- Know the signs on the front of this card
- Cover up with loose long sleeves, pants and wide brimmed hat
- Drink water often, 1-2 liters for every hour outside
- Seek shade and rest to cool your body
- Take a friend and tell someone where you’ll be
- Return or call help if you feel ill or low on water