Summer Safety

Stay safe in hot weather:

- Slip on long-sleeved clothing
- Slap on sunscreen
- Slap on a hat
- Seek shade or shelter
- Slap on sunglasses

Prevent harmful sun exposure

Sunscreen guide:
- ALWAYS use sunscreen when you are spending time outdoors.
- Choose broad-spectrum SPF.
- Choose SPF between 15 x 50.
- Look for products containing zinc, titanium dioxide & avobenzone.
- Avoid oxypсорene, vitamin A & added insect repellent

Eat seasonal produce

Shop at farmer’s markets, CSAs or farm shares for the freshest (and healthiest) options!

To find locations near you:
- Call Jill
- Visit Grow NYC & Just Food Websites
- Check out the NYC Gov 1015 Farmer’s Markets Map!

Monitor Air Quality

Register for Air Quality Action Day alerts at Clean Air NY.

They let you know when the air quality is in an unhealthy range & precautions should be taken for sensitive groups, such as those with asthma and heart conditions, young children & the elderly.

Stay safe & HAVE FUN!

WANNA TALK TO US?

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Thank you!