

Get Set for a Healthy Summer!

It's almost here—your time of year! Pool parties. Cookouts and camping trips. Sunny days just hanging out with your friends. But are you really ready for summer? Here's a chance to test your summer health and safety savvy. Look in the word-find puzzle for the words to complete each statement below. Then write the correct words in the spaces provided.

SUN SAFETY

1. You should wear sunscreen whenever you go _____.
2. When your shadow is shorter than you are, you should _____ of the sun.
3. You should reapply sunscreen every _____ hours.
4. For a sun-safe summer, you'll need sunglasses, a wide-brimmed hat, and _____.

WATER SAFETY

5. When you go swimming, always take a _____.
6. Swallowing pool water can make you _____.
7. If you're going boating, you'll need a _____.

BIKE SAFETY

8. If you're biking on the street, always ride on the _____.
9. Every cyclist needs a _____.
10. You're more likely to have a biking accident if you're wearing _____.

T	R	V	G	H	A	D	E	G	I	K	O
L	I	F	E	J	A	C	K	E	T	B	U
C	Z	N	T	F	H	P	Q	S	W	Y	T
T	B	A	O	S	T	U	J	K	L	C	D
E	U	S	U	N	S	C	R	E	E	N	O
F	D	T	T	M	R	D	V	I	F	M	O
G	D	B	U	A	C	H	L	J	G	Q	R
E	Y	N	C	Y	C	L	O	P	E	H	S
S	A	F	E	T	Y	H	E	L	M	E	T
I	M	X	W	V	A	L	O	M	N	W	R
C	W	N	M	O	L	A	V	X	O	P	Z
K	L	H	E	A	D	P	H	O	N	E	S

A SPECIAL MESSAGE ABOUT MENINGOCOCCAL DISEASE

Did you know that some totally normal activities can put you at risk for meningococcal disease? This potentially fatal bacterial infection can spread whenever you share a water bottle, use a friend's fork, borrow lip balm or lip gloss—any activity where saliva can be exchanged (even a kiss). To protect yourself, talk with a parent about getting immunized against meningococcal disease. Health experts recommend routine vaccination for all kids age 11-12, kids age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories. In Texas, you *must* be immunized before you enter 7th grade or move into on-campus housing at college.

You can get the meningococcal vaccine at your local H-E-B Pharmacy, which will focus on this important health precaution at the H-E-B Second Saturday Screenings event on **Saturday, June 12, from 9 a.m. to 12 noon**. Kids age 11-13 must bring a doctor's prescription or have it faxed to the pharmacy. For kids age 14 and older, no prescription is required. Parents should call your local H-E-B Pharmacy for details.



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Get immunized! June 12 @ H-E-B Pharmacy