

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? Take this summer health and safety quiz to find out. Circle the best answer to each question.

SUN SAFETY

- You should always wear sunscreen _____.
 - when you're sunbathing
 - on cloudy days
 - when you go swimming
 - whenever you go outdoors
- When your shadow is shorter than you are, you know _____.
 - it's time to apply sunscreen
 - it's time to get out of the sun
 - it's a safe time to sit in the sun
 - it's too late for tanning
- You should reapply sunscreen _____.
 - every morning
 - after every meal
 - every two hours
 - at least twice a day
- For a sun-safe summer, you'll need _____.
 - sunglasses that block ultraviolet (UV) rays
 - sunscreen with an SPF of 15 or higher
 - a broad-brimmed hat
 - all of the above

WATER SAFETY

- When you go swimming, always _____.
 - wear eye goggles
 - swim with a buddy
 - wear a life jacket
 - swim where you can touch the bottom
- Swallowing pool water _____.
 - is harmless
 - can make you sick
 - can make you dizzy
 - is disgusting
- If you're going boating, you'll need _____.
 - a compass
 - a signal flare
 - a life jacket
 - a life preserver

BIKE SAFETY

- If you're biking on the street, always _____.
 - ride on the right
 - ride on the left
 - ride on the sidewalk
 - you should never bike on the street
- Every cyclist needs _____.
 - a water bottle
 - a bicycle bell
 - a repair kit
 - a safety helmet
- You're more likely to have a biking accident if you're wearing _____.
 - bright colored clothing
 - sneakers
 - headphones
 - jewelry

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