

Get Set for a Healthy Summer!

Stay Safe in the Sun

Wear sunscreen whenever you go outdoors—SPF 15 or higher. Reapply every two hours, and remember, if your shadow is shorter than you are, head for the shade.



A Special Message about Meningococcal Disease

Did you know that some totally normal activities can put you at risk for meningococcal disease? When 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)—you could catch the bacteria that causes this potentially fatal disease.

Share the fun without the worries. Talk with a parent about getting immunized against meningococcal disease. Health experts recommend routine vaccination for all kids age 11-12, and kids age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories. And Texas *requires* kids to be immunized before entering 7th grade or moving into on-campus housing.

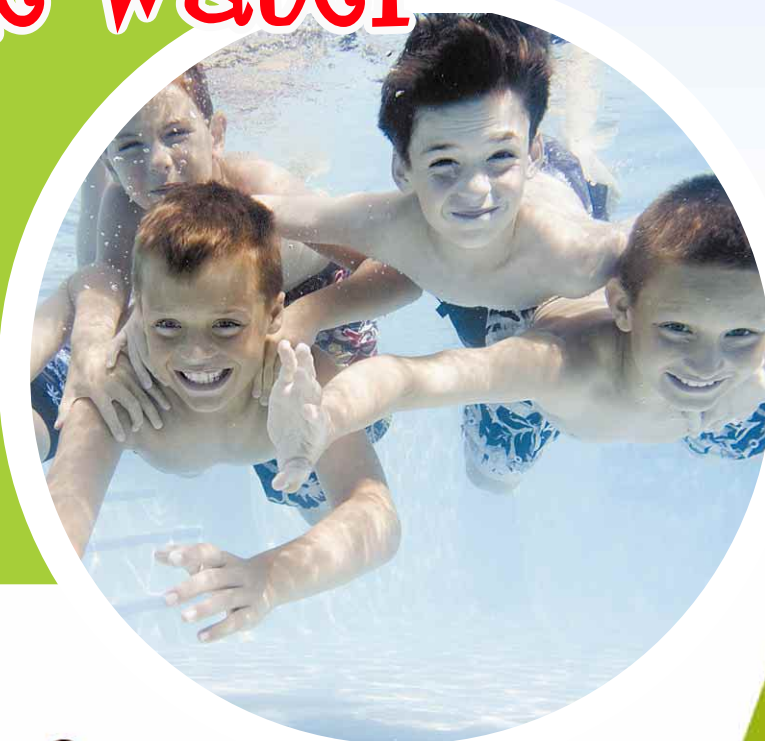
Stay Safe on the Road

Wear a safety helmet when you're biking, and leave the headphones behind so you can hear what's happening around you. In the car, buckle up! And put your cell phone on mute in your purse or pocket so you can concentrate on the road.



Stay Safe in the Water

Always swim with a buddy, just in case. And if you're boating, always wear a life jacket. Nobody's waterproof, so wear it!



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