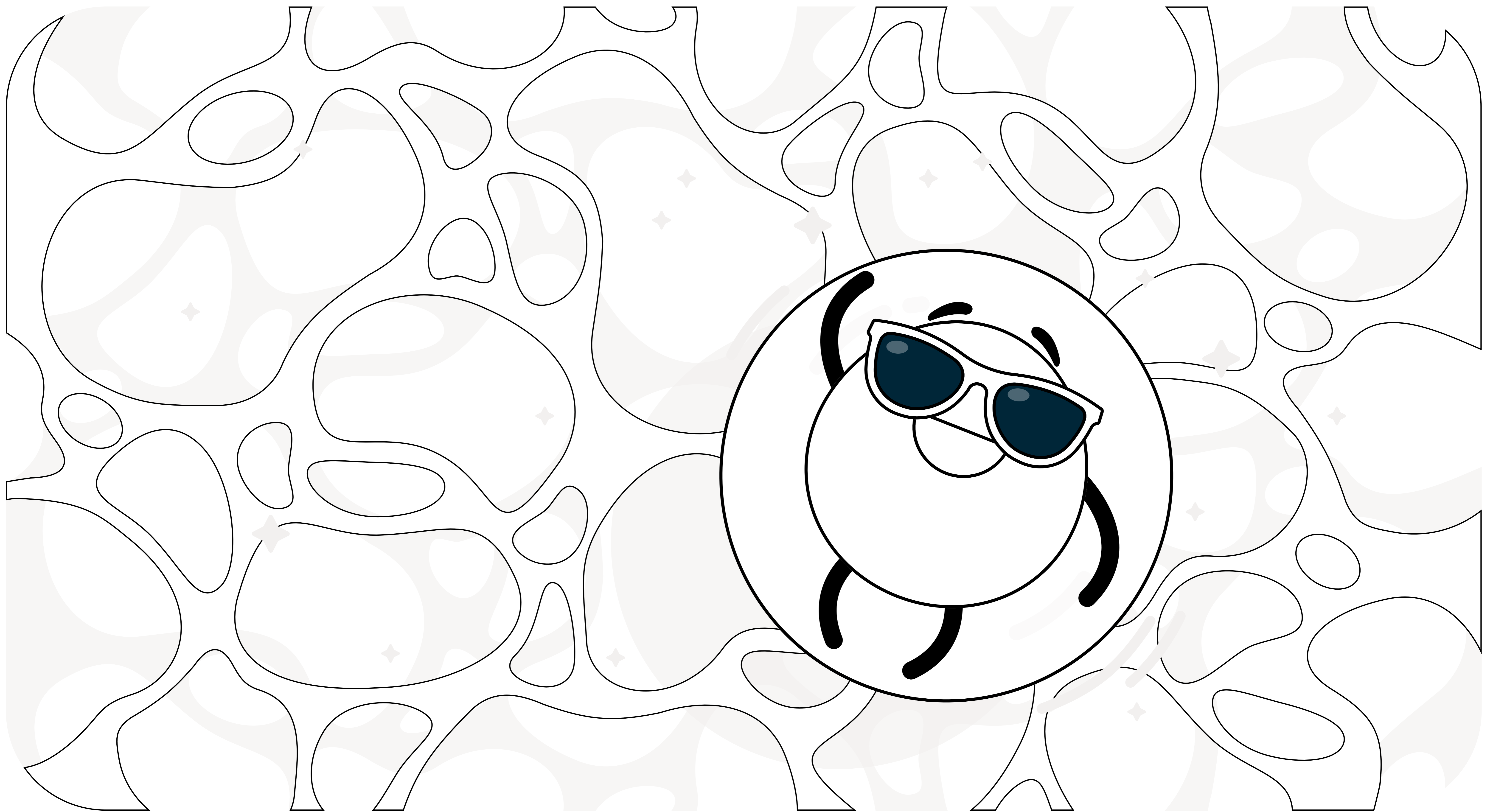


DOTTIE'S WELLNESS WORKSHEET

SUMMER EDITION

well

COLOR DOTTIE!



BEAT THE HEAT AND STAY HEALTHY THIS SUMMER...

Stay Cool

- Spend time in air-conditioned spaces during the hottest parts of the day

Dress Smart

- Wear lightweight, loose-fitting, light-colored clothing
- Wear protective clothing to block the sun like long-sleeved shirts, long pants, a wide-brimmed hat (at least 3 inches), and sunglasses that block UVA and UVB rays

Stay Hydrated

- Drink water regularly throughout the day

Use Sunscreen Daily

- Choose a broad-spectrum sunscreen (protects against both UVA and UVB rays) with SPF 30 or higher

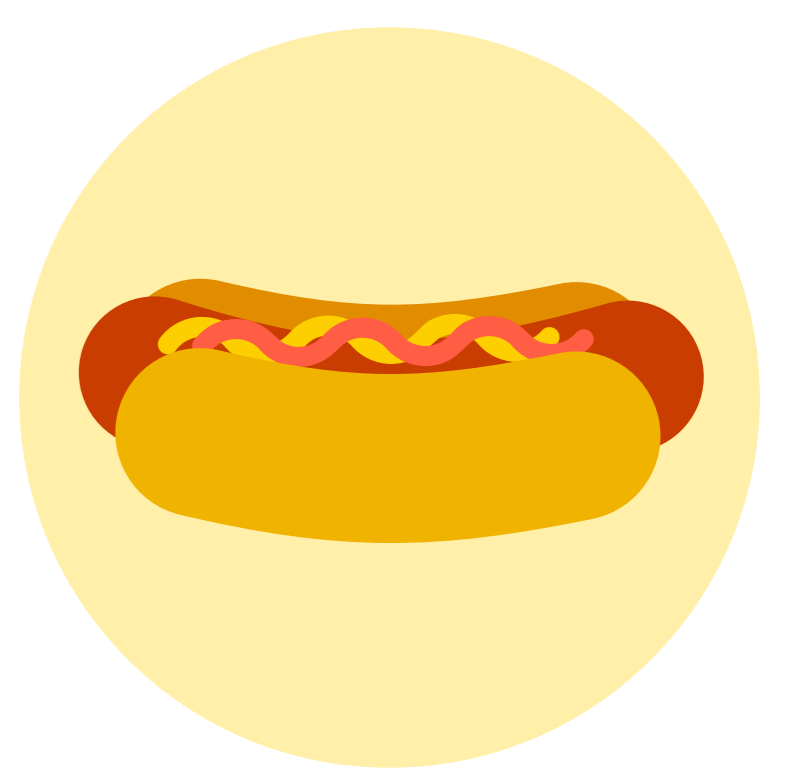
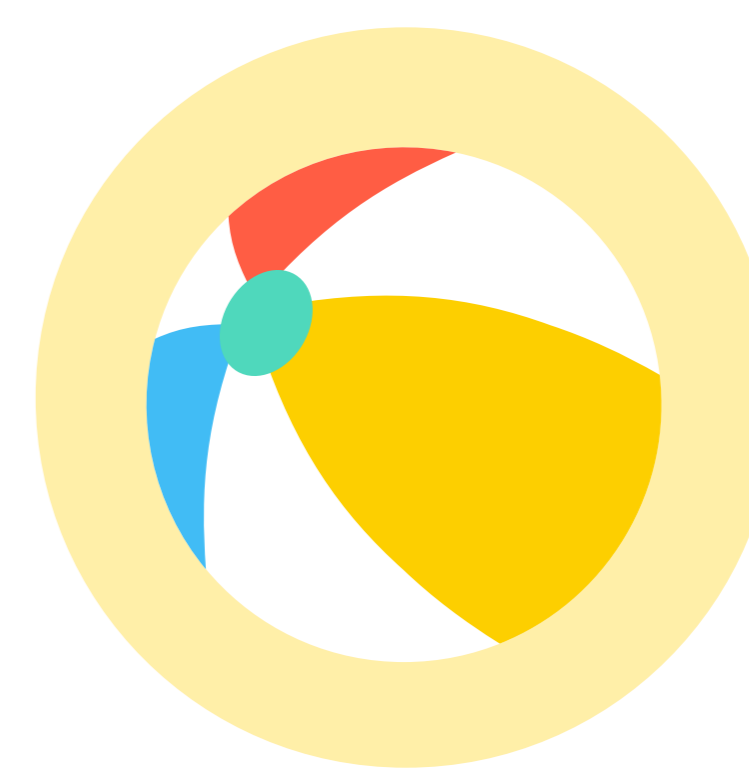
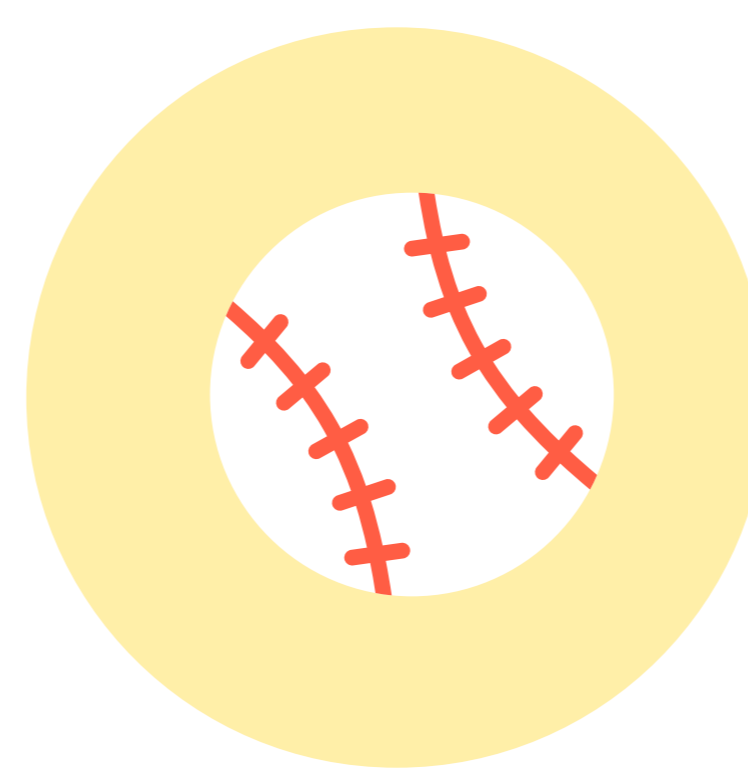
Water Safety

- Use life jackets

Prevent Bug Bites

- Use an EPA-registered insect repellent

EXPLORE OUTSIDE - CAN YOU FIND ALL 4 SEASONAL ITEMS?



HELP DOTTIE THROUGH THE MAZE...

