



# Summer Safety Shopping List

Be ready for anything, from sunburns and bug bites to unforeseen emergencies.

## NON-MEDICAL MASK/FACE COVERING

Whether you're heading to the beach or grocery store for some ice cream, stay safe and mask up. Wearing a **non-medical mask or face covering** is recommended when you can't maintain a distance of at least 2 metres from others.

## HAND SANITIZER

**Maintain good hand hygiene** to help reduce the risk of infection. Wash your hands with soap and warm water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer with at least 60 per cent alcohol.

## SUNSCREEN

**Health Canada** recommends a sunscreen with an SPF (Sun Protection Factor) of at least 30. Wait 15 minutes after applying before going outside, and re-apply every 2 hours, especially after swimming or excessive sweating.

## INSULATED WATER BOTTLE

It's important to stay hydrated. An insulated bottle will ensure the sun doesn't heat up your drink to scorching temperatures.

## WIDE-BRIM HAT

More than just a style statement, a breathable hat with a prominent brim can protect you from harmful UVA and UVB rays.

## INSECT REPELLANT

In wooded or grassy areas, long sleeves and pants are the best bug repellent, but if that isn't an option, opt for a repellent that works against both mosquitos and ticks.

## LIFEJACKET/PFD

Planning to be on the water? Lifejackets and Personal Flotation Devices (PFDs) are essential for weak swimmers and children, and mandatory if you're going boating.

## BRISTLE-FREE BBQ/GRILL CLEANER

Loose bristles on a barbecue brush can be a health hazard, potentially contaminating or falling into your food. This summer consider a bristle-free option.

## BARBECUE MITT

Outdoor cookouts and summer go hand in hand. Stay safe while grilling with a heat-resistant barbecue glove or mitten to help prevent accidental burns.

## FIRST AID KIT

You hope to never need it, but a portable (and fully stocked) first aid kit should always be within easy reach, especially if you're by the pool, by the lake or on the beach.

## BIKE HELMET

Mandatory bicycle helmet laws vary from coast to coast, but the Canadian Red Cross recommends wearing a helmet to help reduce the risk of a head injury.

## HEALTHY SNACKS

Fruits and vegetables are a great way to stay hydrated and fed in the sun. Other healthy, energizing options include granola bars and nuts.

## PORTABLE CHARGER/BATTERY

A portable battery smaller than your hand can keep your device charged for hours, giving you the necessary power to call for help should an emergency occur.

