



Driving Safety: New drivers are more likely to be involved in a fatal crash simply due to inexperience. Check out the links below to learn how you can encourage safe driving behavior. For more info, check out these links:

www.cdc.gov/parentsarethekey

www.nhtsa.gov/Driving+Safety

www.dmv.org/insurance/safe-driving-tips-for-teenage-drivers.php

www.exchange.aaa.com/safety/distracted-driving/tips-for-preventing-distracted-driving/#.V1Kq7srKCg

Bike Safety: While bicycle riding is fun and healthy, the safest way to use your bike is as a vehicle, not a toy. Follow some basic tips when you ride. For more info, check out these links:

www.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/

www.kidshealth.org/en/kids/bike-safety.htm;

www.healthfinder.gov/HealthTopic/category/nutrition-and-physical-activity/physical-activity/ride-your-bike-safely#take-action_3

Sun Safety: The sun's rays feel good, but in as little as 15 minutes can damage your skin. These UV rays give you age spots, wrinkles, eye damage, and skin cancer. Follow the tips below to help protect your skin. For more info, check out these links:

www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

www.cancer.org/health/besafeinthesun/index

www.webmd.com/beauty/sun/sun-safety-tips

www.kidshealth.org/en/parents/sun-safety.html

Water Safety: Swimming is the most popular summer activity. Follow the safety tips below whenever you are in or around water. For more info, check out these links:

www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety

Home and Family Safety: The link below lists the top causes of and how you can prevent unintentional injury in your homes and communities.

www.nsc.org/learn/safety-knowledge/Pages/safety-at-home.aspx

Slip and Fall Safety: Falls are the leading cause of injury related death for adults age 65 and older. There are many tips on what you can do to make your home or the home of a loved one safer. For more info, check out this link:

www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-falls.aspx