

✓ Be safe this season



# Summer

weather

# 27°C



## Stay safe in the sun

Spend time in the shade between 11am and 3pm, 15+ sunscreen and wear a hat.



## Travelling on holiday this summer?

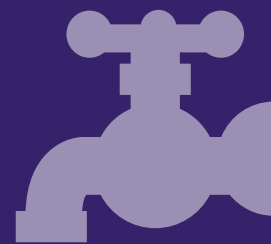
### Get up to date with your vaccinations

If you're planning on traveling outside the UK, check with your GP that your family are up to date with their vaccinations especially the **FREE** Measles, Mumps and Rubella (MMR) vaccination. You may come into contact with infections like measles while traveling this summer.



## Keep well

Remember to drink plenty of water even if you aren't thirsty. Be on the lookout for signs of heat related illness such as heat exhaustion and heatstroke.



## Stay safe when swimming

During the hot weather, don't be tempted to cool off in ponds, lakes and flooded quarries as this is very dangerous. Water that looks inviting on the surface may have hidden dangers underneath, such as rubbish and tangled weeds.



For more summer advice, visit  
[www.wakefield.gov.uk/summersafe](http://www.wakefield.gov.uk/summersafe)

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