



**DART Prevention Coalition**  
Taking Aim at Substance Use in Ocean County

# Cool Tips for a Hot Season



With summer here, many of us find our schedules filling up with barbecues, celebrations, pool parties, beach days, vacations and other fun activities. Summer is also a great time to prioritize taking care of yourself. With the warmer weather, there are easy and accessible ways to get yourself feeling your best mentally, physically and emotionally. **However, it's important not to ignore potential safety risks that could quickly take the day from fun to flop.** This month, we are highlighting some fun activities that will get you feeling your best while keeping you and your family safe this summer season.

## Water Safety

With all of Ocean County's beaches, lakes and boating entertainment available, water activities are extremely popular for both residents and tourists. Unfortunately, there are more drownings recorded in July than in any other month. Of these recorded instances, 31% of the individuals involved had been drinking alcohol. It is known that alcohol consumption can result in lower inhibitions, increased risk-taking behaviors and impaired motor skills, which elevates the risk while engaging in activities like swimming or boating. Similarly, there is a higher risk of injury with people who are vacationing in new areas and driving in unfamiliar surroundings; adding alcohol to the mix can be a dangerous combination. Lastly, on those hot summer days, it is important to remember that alcohol can cause dehydration and be a catalyst for heat stroke.

## Simple Summer Safety Tips

- ▶ Stay hydrated
- ▶ Minimize sun exposure on extremely hot days
- ▶ Wear sunscreen
- ▶ Utilize a designated driver if you are consuming alcohol or any other substances
- ▶ Review water safety



## Summer Bucket List

We recommend making a summer bucket list of safe and fun activities for you and your family for easy tracking and reminders of activities you are interested in! Ideas to get your bucket list started:

- Enjoy a meal outside
- Visit a new park and go for a walk or hike
- Try a new summer recipe
- Make a summer reading list
- Have a rainy-day movie hangout
- See an outdoor movie
- Go to the beach or boardwalk
- Wake up to see the sunrise
- Have a sunset dinner on the beach
- Make homemade popsicles, s'mores and other treats
- Plant a garden, big or small
- Get creative with sidewalk chalk
- Go out for ice cream
- Completely unplug for a day
- Practice outdoor yoga

[rwjbh.org/DARTresources](http://rwjbh.org/DARTresources)

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Source:  
[www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun](http://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun)  
[www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html)