

The background is a light gray gradient with several realistic water droplets of various sizes scattered across it. A faint, circular, textured pattern is visible in the upper center of the image.

# BEAT THE HEAT

--- EMERALD ISLE ---

# --- HYDRATE ---

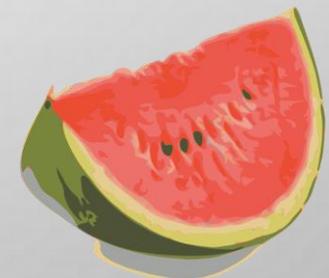


\*DRINK PLENTY OF FLUIDS.

\*AVOID AN EXCESSIVE AMOUNT OF ALCOHOL OR LIQUOR.

\*WATER SHOULD BECOME YOUR BEST FRIEND.

\*EAT [WATERMELON](#)



# --- SUNSCREEN ---



\*LATHER YOURSELF IN SUNSCREEN

\*AVOID TANNING OILS/BABY OIL/ETC. FOR A PERIOD OF TIME

[CHECK OUT WHY YOU SHOULD WEAR SUNSCREEN](#)





## --- COVER YOURSELF ---

\*THROW ON A HAT.

\*GRAB SOME UV PROTECTING GLASSES.

\*USE A TENT/UMBRELLA/ETC.



# --- TAKE A DIP ---



\*TAKE A DIP IN THE WATER

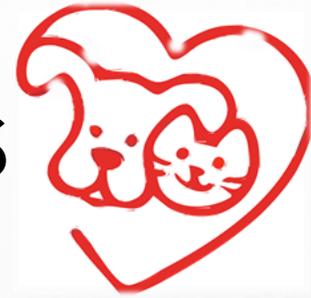
\*SPLASH YOURSELF WITH COOL WATER

\*PUT YOUR FEET IN THE WATER





# PROTECT YOUR ANIMALS



\*DO NOT LEAVE YOUR ANIMALS IN THE CAR.

\*BRING YOUR ANIMALS INSIDE.

\*PROVIDE THEM WITH WATER.



# --- CARE FOR OTHERS AND YOURSELF ---

**FOR EMERGENCIES CALL 911**

FIRE: FIRE STATION ONE: 252-354-2445 FIRE STATION TWO: 252-354-7885

EMS: (252) 354-2249

POLICE: (252) 354-2021

EMERALD ISLE POLICE AND LIFEGUARDS TRAVEL ALONG THE BEACH DURING THE DAYS OF SUMMER, BE ON THE LOOKOUT IF IN NEED OF ASSISTANCE.