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


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.