

# **PROTECTING YOUR FAMILY**



## **First-Aid Tips For Outdoor Fun**

(NAPSA)—Outdoor activities are fun but can also raise your risk for cuts, scrapes, bug bites, poison ivy and skin irritations that, if left untreated, can turn into something serious. To stay safe while enjoying the great outdoors, try some of these tips:

1. Come prepared. A well-stocked first-aid kit is essential.

2. Protect your skin with a sunscreen of at least SPF 15. Reapply frequently.



**If stings or bites occur, apply cortisone, which relieves itching while also soothing the skin.**

3. Use insect repellent on exposed skin and clothing to reduce insect bites.

4. Avoid using scented soaps, perfumes or hair sprays before heading out to help prevent bee and insect stings. Should they occur, apply CVS/pharmacy Maximum Strength Cortisone, which relieves itching and soothes skin.

5. Treat cuts, scrapes and other irritations promptly. Try store-brand first-aid products, such as those from CVS/pharmacy, which will not only do the first-aid job, but could save you 20 to 30 percent in the process.