Florida HEALTH
Escambia County

Beach and Summer Safety Tips

The Florida Department of Health in Escambia County (DOH-Escambia) wants residents and vistors to enjoy our beautiful beaches. Beachgoers should remember to use sunscreen, stay hydrated, and prevent injury.

Sunscreen:

- Use sunscreen with an SPF of at least 15.
- When going outside, apply liberal amounts of sunscreen to all exposed skin, even on cloudy days.
- Reapply sunscreen to your skin when outdoors for more than two hours and after swimming, sweating, or toweling off.

Stay Hydrated:

- Drink plenty of water when outdoors, especially in the summer heat.
- Pack bottled water when visiting the beach.
- Signs of dehydration include dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue.

Injury Prevention:

- Water and wounds do not mix. Do not enter the water if you have fresh cuts or scrapes.
- Rocks and shells are a natural part of the beach environment. Watch where you step and avoid sharp rocks and shells.
- Wear sandals or water shoes to protect your feet and prevent cuts and injury caused by rocks and shells in the sand.

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