SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Safe Spa Days

- Never use a hot tub alone
- Check the temperature before entering and never let it exceed 105 F
- If you have high blood pressure, consult your physician before using a hot tub
- Shower or bathe with soap before entering
- Limit times in the tub to 10 to 15 minutes
- Exclude children under the age of 5
- Avoid alcohol before or during hot tub use