

No One Sweats Alone



Stay hydrated

Drink water, not alcohol or soda, during summer outdoor activities.

Stay covered

Wear light colored, loose fitting clothing and wide-brimmed hats. Apply sunscreen that is at least 30 SPF to all areas of exposed skin.

Stay cool

Seek shelter in the shade or indoors during the hottest parts of the day, usually 10 a.m. - 2 p.m.

Have fun and look out for each other this summer. Do your part to protect your Band of Brothers and Sisters.



ARMY STRONG



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A BAND OF BROTHERS & SISTERS