

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

TIPS FOR A HEALTHY AND FUN DAY AT THE BEACH

Florida is known for its beautiful beaches. We are proud to be the home of so many vacation destinations and encourage all residents and visitors to exercise healthy and safe practices when enjoying our state's wonderful beaches. Beachgoers should remember to use sunscreen, stay hydrated, practice water safety, prevent injury, and be respectful and aware of the animals and organisms that call our coast home.

Sunscreen:

- Sunscreen with an SPF of at least 15 is recommended.
- When going outside, apply a liberal amount of sunscreen to all exposed skin, even on cloudy days.
- Remember to 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.
- Be mindful of the signs of dehydration; dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue.

Water safety:

- Pay attention to weather and water conditions such as rip currents.
- Designate a Water Watcher to supervise children playing in and around the water.
- Learn CPR. Learning CPR empowers you to make a difference and save a life.
- Never swim alone. If possible, swim in areas where there are lifeguards on duty.

Injury prevention:

- Florida's beaches are known for soft white sand; however, 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 on rocky or shelly surfaces.
- Water and wounds do not mix. Do not enter the water if you have fresh cuts or scrapes.
- It is important for those who are immune-compromised to wear proper foot protection to prevent cuts and injury caused by rocks and shells on the beach.

Florida's beach environments:

- Be respectful of our wildlife. Many animals call Florida's beaches and coast home.
- Many animals, such as sea turtles, rely on responsible human behaviors to survive.
- It is everyone's responsibility to share the beach with these creatures and be mindful of their home.

The Florida Department of Health works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

Follow us on Twitter at **@HealthyFla** and on **Facebook**. For more information about the Florida Department of Health in Santa Rosa County, call (850) 983-5200.