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Common Sense Rules for Summer Fun

Summertime invites us to let go, play and explore the great outdoors. But it shouldn't mean abandoning simple common sense rules that can help you and your loved ones avoid a trip to the ER. Read on to discover simple rules to keep safety top of mind this summer.

[Find out more >>](#)



Protect Yourself from the Sun

Summer has officially begun, which means applying sunscreen should now be a daily part of your routine to protect your skin from the sun's harsh rays while spending time outside. However, deciding which sunscreen is best for you and your family can feel overwhelming. Read on for tips to help you pick the most effective and safe sunscreen.



Substance Abuse in the Family: What You Can Do

Having a family member-whether it's your spouse, parent, or teen-who has a drinking or drug problem can create an unhealthy effect on the entire family's well-being. If you suspect a family member has an alcohol or drug problem, read on for some helpful tips.

[Learn how >>](#)

[Read now >>](#)



UV Safety Month

Read: How to protect yourself and loved ones from the sun's UV radiation, provided by the Centers for Disease Control and Prevention.

[Click here >>](#)



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