

STAY SAFE. HAVE FUN.

Make This Independence Day a Great One!



HYDRATE

Drink plenty of water throughout the day, especially if you're outdoors.



BEAT THE HEAT

Take breaks in the shade or indoors, and know the signs of heat exhaustion.



PREPARE AHEAD

Have a first aid kit on hand and know where the nearest medical help is.



LOOK OUT FOR EACH OTHER

Check on family, friends and neighbors—especially kids and older adults.



PLAN A SAFE RIDE

If you're celebrating, designate a sober driver or use a rideshare. Never drive impaired.



Happy INDEPENDENCE DAY!

LIFE CAN BE TOUGH,
BUT GETTING HELP IS SIMPLE!

Ulliance

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they're here to help!
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LifeAdvisorEAP.com.
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Focus.
Caution.
Safety.

