

# HEALTH TIPS

*from Rosie Roo*



Hi Friend!

July is the month we celebrate Independence Day on the 4th of July!

***Will you be spending time this month cooking out with your family or friends? Will there be fireworks?*** Fireworks can be something to look forward to during summer. They are fun to watch, but they can be dangerous if you are not careful.

If you plan to light your own fireworks at home, you will need to make sure you are being safe. Fireworks can cause injuries to your body and terrible burns to your skin if something goes wrong.

**Try these firework safety tips and be sure to share!**

- Only adults should light fireworks.
- Never light fireworks indoors.
- Be prepared to put out a fire by having a hose or water nearby.
- Light fireworks one at a time.
- Stay away from any fireworks that don't go off. Never try to relight them.
- Remember that sparklers can be dangerous too. They get very hot when they are lit and can light clothes on fire or cause burns to your skin.

Enjoy the rest of your summer and be safe!



***ASK (About Special Kids)***

*MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746.*

*Find out more at [aboutspeakkids.org](http://aboutspeakkids.org).*



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