

# Summer Sun & Safety

## Are you prepared for Summer?

In the summer, it's great to get outdoors with your family and enjoy the weather. Kids love being outdoors too, whether they're playing in the back garden, at the beach, or in a park or playground.

Get tips on [justonenorfolk.nhs.uk](https://justonenorfolk.nhs.uk) for a safe and fun summer holiday, including;

- ☀ Staying safe in the sun
- ☀ Water safety
- ☀ Burns and Scalds
- ☀ Infant feeding in hot weather

Also, find advice on preventing accidents, trips and falls and resources for families facing financial challenges, with suggestions for FREE summer activities.



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Just One Norfolk website



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SUNNY & SAFE

