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The Attorneys at Pyrros & Serres LLP Offer Spring Break Health & Safety Tips

Spring Break Safety Tips

Are you ready to get away from the cold and the snow? You're not alone! Many families and friends are planning their getaways.

If you are planning a vacation this spring, here are a few tips to help make sure that your spring break is fun, safe, and injury-free.

Spring Break Safety:

Protect Your Eyes -

Always wear sunglasses that are UV protected when outside in the sun. Contact lens wearers need to take extra precaution. Bring a spare pair of glasses and contact lens supplies with you so that you can take them out safely. Always take your contacts out before bed - even when traveling.

Eat Healthy -

It's not always easy to eat healthy when you're on vacation. However, including plenty of vegetables, fruits, and whole grains will help give you the energy to enjoy all of the things you have planned.

Wear Sunscreen -

It can be tempting to lay outside in the hot sun all day when you're away - especially after the cold winter we have had. However, you should always protect your skin with SPF 15 or higher sunscreen.

Take Precautions -

If you will be swimming or boating on vacation, make sure that you know how to swim and wear your life jacket when necessary.

Be safe and enjoy your time away!

If you are in need of legal expertise when you return, contact our office. We can help you receive any compensation that you are entitled to. Call 718-626-7730 to reach our office for legal assistance.

Sincerely,

