



## Keep your Animal Friends Safe and Cool



Champ loves summer but he can get really hot outside because of his fur. This is true for all of his animal friends. So Champ wants to tell you how he learned to keep "cool" in the summer from his friends at the American Society for the Prevention of Cruelty to Animals (ASPCA). You can help keep your pets safe and cool all summer too! When it is very hot outside, Champ likes to be inside in a cool spot with a big bowl of cold water. When he goes outside to play he likes to have a nice shady spot to stay out of the sun and of course a big bowl of cold water to drink. Because Champ does not wear shoes like you, he does not like to take walks on the hot concrete. That can burn his paws. He would rather walk on the grass.

Champ loves to go for car rides, stick his head out the window and make lots of messy nose prints on the windows. Maybe your dog does too, but never leave your dog, cat or any animal friend in the car in the summer. The car gets very hot and your animal buddy could get very sick. So Champ says if it is a really hot summer day then it is probably a good idea to leave your animal friend at home in a nice cool spot with a big bowl of cold water. There will be lots of cooler days to go for car rides when summer is over.

### WORD JUMBLE



esmrur	tcivnaao
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mgsrwini	sfniored
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eucrmons	pcmha
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Don't forget to tell your parents to check out our new website at [www.nysconsumer.gov](http://www.nysconsumer.gov). We have great facts and information for adults and kids! Here's our helpline too if your parents need consumer advice.

1-800-697-1220



# "KIDSUMERS"

## "Kids Are Consumers Too!"

### News and Tips from the New York State Consumer Protection Board

Introducing "Champ"

Champion of all "Kidsumer" Rights  
and the CPB's Children's Mascot

Provided by:  
New York State Consumer Protection Board  
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Albany, New York 12223  
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# Champ's Tips for Safe Summer Fun

## Sun Safety

While Champ has lots of fur to protect his skin from the sun, he wants you to remember to protect your skin when you are outside playing. His friends at the New York State Department of Health told him that whether you are swimming or just running around outside with your friends, to make sure you ask an adult for sunscreen with an SPF (sun protection factor) of 15 or higher. It is also a good idea to play in the shade whenever you can, especially between the hours of 10 am and 4 pm when the sun is at its hottest. Also, remember to drink lots of water on hot summer days!

Did you know that even when it is cloudy outside you can get a **sunburn**? So remember, no matter what it looks like outside, make sure you put your sunscreen on all the parts of your skin that will not be covered by your clothes. Champ thinks it is a good idea to ask an adult to help you put the sunscreen on your face so you do not get any in your eyes. That can sting! Lots of his kid buddies also wear hats for shade which is a "cool" idea!



Champ's kid buddy is ready for a day out in the sun with a hat, sunglasses and sunscreen.



Champ reminds his young friend to swim safely and reapply sunscreen after swimming.

Jumble answers: summer, swimming, consumer, vacation, friends, champ



## Champ says "Never Swim Alone"

Champ loves to swim on hot summer and sunny days. He knows how much fun it is for you to splash around in the pool with your family and friends. Champ also knows that he can never swim alone or in bad weather and he wants you to remember that too. So, make sure you never go near a swimming pool, pond or lake without an adult with you. Even if you are a great swimmer, you should always have someone with you whenever you are swimming.

Also, make sure you ask an adult before you dive into any kind of water because most swimming pools are not deep enough for diving. Champ likes to walk down the steps or jump in "feet first" while his family watches. Maybe this would be fun for you too and it is much safer than diving. Also, don't forget the waterproof sunscreen! Champ's fur takes a long time to dry after he gets out of the pool but your skin will dry really fast so it is important to put more sunscreen on after you get out of the pool.

After swimming and playing, remember to help the adults put away all your pool toys so no one gets hurt.



## WORD SEARCH

N	S	T	L	P	O	O	L
E	N	S	E	K	W	B	P
E	D	U	F	H	F	U	N
R	E	M	U	S	N	O	C
C	P	M	A	H	C	I	Q
S	T	E	V	B	L	E	M
N	G	R	I	Z	F	W	E
U	O	X	P	A	U	K	Y
S	U	N	S	H	I	N	E

WORDS  
POOL  
SUNSCREEN  
SUMMER  
FUN  
CHAMP  
SUNSHINE  
CONSUMER

