



Palm Beach County is a great place to live work and play. Our miles of beaches stretch from Boca Raton in the South to Jupiter in the North. We at the Florida Department of Health in Palm Beach County regularly test the beaches to assure everyone has a safe and healthy experience. As you enjoy our beaches please remember your experience can be even better if you use sunscreen, stay hydrated, practice water safety, prevent injury, and be respectful and aware of the animals and organisms that call our beaches home.

Sunscreen:

- Sunscreen with an SPF of at least 15 is recommended.
- When going outside, apply a liberal amount of sunscreen to all exposed skin, even on cloudy days.
- Remember to reapply sunscreen to your skin when outdoors for more than two hours, and after swimming, sweating or toweeling off.

Stay hydrated:

- Drink plenty of water when outdoors, especially in the summer heat.
- Pack bottled water when visiting the beach.
- Be mindful of the signs of dehydration: Dry mouth, dizziness, lack of sweating, dry skin, low blood pressure, rapid heartbeat, and fatigue.

Water Safety:

- Pay attention to weather and water conditions such as rip current.
- Designate a Water Watcher to supervise children playing in and around the water.
- Learn CPR. Learning CPR empowers you to make a difference and save a life.

Injury prevention:

- Florida's beaches are known for soft white sand; however, rocks and shells are a natural part of the beach environment. Watch where you step and avoid sharp rocks and shells.
- Wear sandals or water shoes to protect your feet on rocky or shelly surfaces.
- Water and wounds do not mix. Do not enter the water if you have fresh cuts or scrapes.
- It is important for those who are immune-compromised to wear proper foot protection to prevent cuts and injury caused by rocks and shells on the beach.

Florida's beach environments:

- Be respectful of our wildlife. Many animals call Florida's beaches and coast home.
- Many animals, such as sea turtles, rely on responsible human behaviors to survive.
- It is everyone's responsibility to share the beach with these creatures and be mindful of their home.
- The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.
- Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.floridahealth.gov, www.flhealthpalmbeach.org or call 561-840-4500.