

Red, White & Do

Abstinence is the best cure for pregnancy
Always supervise children around water
Always walk facing traffic
Always walk on a sidewalk where you can
Avoid bringing glass products to the beach
Be a designated driver
Be a mentor
Be alert when on the water
Be aware of pedestrian crossings
Be aware of the symptoms for heat stroke and heat exhaustion
Be aware of the weather conditions for the day
Be careful how much time you spend in the water, because internal body temps will drop
Be careful when giving out personal information over the internet
Be careful who you give credit / debit card information to
Become a more courteous driver
Buckle up
Check around house for containers holding standing water
Check your AED machines on a weekly basis
Check your barbeque gas cylinder
Check your medicine cabinet for expired medications
Check your smoke alarms and fire extinguishers
Check your tires on your car, bike and trucks
Children should ride on the back of the bike
Clean your roof and/or tank to ensure a cleaner water supply
Create a fun family night
Discuss health matters with family members
Dispose of toxic products correctly
Do regular back-up on your computer
Don't drink and drive
Don't overload electrical outlets
Don't run with food in your mouth
Don't smoke or drink during pregnancy
Drink lots of water – stay hydrated
Eat plenty of fruits and vegetables each day
Educate yourself about HIV/AIDS
Exercise regularly
Get a mammogram
Get a physical
Get a prostate check
Get out of the water during a thunderstorm
Get rid of unnecessary trash
Get your computer virus protection
Get your hurricane supplies
Give up your seat for an elderly person on the bus or ferry
Give your car or bike an annual service

Go to the dentist
Have a bell or horn on pedal bike
Have an emergency escape plan for your home, office and school
Help a blind person across the road
Help a neighbour
Inspect toys and play equipment to make sure they are safe
Introduce yourself to a neighbour
Just say NO to drugs
Keep children in the back seat of the car and buckled up
Keep cleaning supplies & medications out of children's reach
Keep clutter to a minimum
Keep exit and entry points clear of clutter and well lite
Keep to the speed limit
Know where your evacuation shelters are
Learn a new skill
Learn how to swim
Leaving young children home unattended is unsafe
Listen to your child / children
Lock your doors and windows at night
Make a date with your spouse or significant other
Make a donation to your favourite charity, church or school
Make a will
Moderate your drinking
Never dive into shallow water or unknown water
Never leave burners unattended
Never let children watch children near water
Never swim alone
Never take a lift from strangers
Perform a random act of kindness
Play with your child / children
Post emergency numbers in the house or office
Pull to the side of the road for an ambulance, fire truck or police car
Purchase a fire extinguisher for your home
Purchase a first aid kit
Purchase a hands-free kit for using your cell phone in your car
Purchase a smoke detector for your home
Quit drinking
Quit smoking
Read with your child / children
Reconcile strained relationships
Register for a CPR/First Aid course
Register to become an organ donor
Remember to say please and thank you
Remember to use gloves when coming to the aid of another
Replace helmets over 5 years old, or those that are cracked or chipped
Report a crime that you have witnessed
Respect yourself and others
Say a kind word to another

Sign up to give blood
Slap on a hat, slip on the shirt and slop on the cream – get ready for the summer
Spend time outdoors
Start that diet or at least watch what you eat and drink
Take a babysitting course
Take a bone density test
Take a self-defense course
Talk to your kids about sex, drugs and alcohol
Teach a child stop, drop and roll
Teach your children how and when to call for help
Teenagers should avoid towing passengers
Update your house and contents insurance
Update your tetanus shots
Use lifejackets on a boat
Visit an EAP
Visit and spend time with an elderly relative or friend
Volunteer for the charity / church / school of your choice
Wash hands frequently
Watch your kids on the internet
Wear appropriate safety gear on job sites
Wear appropriate safety gear when on a bike, rollerblades or skateboard
Wear reflective gear when walking or riding at night
Yield to other drivers