Drink plenty of water and eat water-packed fruits and vegetables.

- UNCW is monitoring potential threats from mosquitoes including West Nile Virus. For more information, visit www.cdc.gov/westnile.
- To protect yourself from mosquito bites, wear long sleeves and long pants and use an EPA-registered insect repellent with DEET, picaridin, RR3535, oil of lemon eucalyptus or para-methanediol.
- Apply sunscreen first, then insect repellent before hitting the beach or trail.

Apply sunscreen 30 minutes before heading outside. Reapply every 2 hours, or more often if sweating or swimming.

**BE ALERT FOR RIP CURRENTS**

- Know how to interpret flag warnings and what to do if you get caught in a rip current.
- The ocean is a powerful body of water that you don’t want to get trapped in.
- Only swim when lifeguards are on duty.

**WARNING**

- If in doubt don’t go out.

**SPF**

- The UV index is high. Always wear sunscreen.

**STAY HYDRATED**

- The ocean is a powerful body of water. You don’t want to get trapped in it.
- Only swim when lifeguards are on duty.