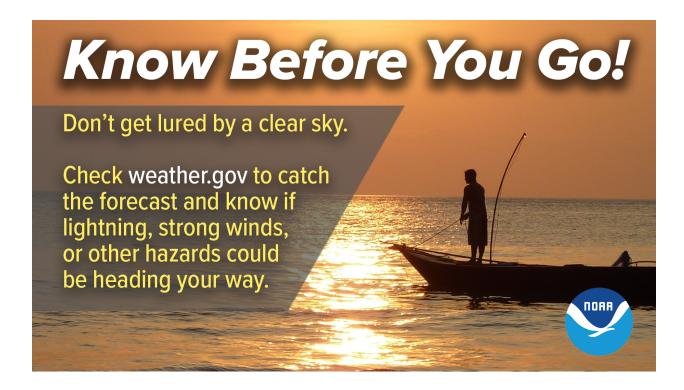
Infographics











Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

CS277180

Safety Bullets

- Know Before You Go! Before visiting the lake, check the latest forecast from <u>www.weather.gov/rnk</u>, or from a trusted weather source. If severe weather is expected, stay home, or go earlier than normal. Be prepared to head to shore quickly!
- **Monitor the Weather.** Have a NOAA Weather Radio, and/or apps that have radar and lightning data. Make sure you have a way to receive weather warnings: www.weather.gov/subscribe.
- **Stop all Activities** when you hear thunder or when weather conditions look threatening. The first lightning strike can come out of a clear blue sky many miles ahead of an approaching thunderstorm cloud.
- Stay in the Center of the Cabin if caught in a storm.
- Keep Arms and Legs in the Boat if caught in a storm. Do not dangle them in the water. Water conducts electricity from lightning.
- Disconnect Electronic Equipment if caught in a storm.
- Make Sure All Passengers are Wearing Life Jackets, especially if storms are imminent. Head towards shore if safe and get off the water!

Resource Materials

- Get the latest forecast at: <u>www.weather.gov/rnk</u>
- Recreational Forecast: www.weather.gov/rnk/recreation
- NWS Hazardous Weather Outlook: www.weather.gov/erh/ghwo?wfo=rnk
- Hourly Weather Forecast:
 https://forecast.weather.gov/gridpoint.php?site=rnk&TypeDefault=graphical
- Severe Weather Forecast: www.spc.noaa.gov/products/outlook/
- Flash Flooding: www.wpc.ncep.noaa.gov/#page=ero
- Heat Index: https://go.usa.gov/xtGTA