



Play it **SAFE!**

Tips for keeping your trip to the beach happy, healthy and safe.



GULF SHORES & ORANGE BEACH

It's a Whole Different State

Sun Safety

PROTECT YOUR SKIN · Always wear a sunscreen appropriate for your skin type, paying special attention to face, nose, ears, shoulders and feet. Protect your lips as well. Most people don't realize how much sun they're getting until it's too late. Sunscreen should be applied at least 30 minutes prior to sun exposure and should be reapplied every two hours or after getting wet.

CHILDREN NEED EXTRA PROTECTION · Liberally apply sunscreen 30 minutes prior to sun exposure. Make sure children wear sun hats and sunglasses. Re-apply sunscreen frequently, especially after swimming.

DRINK PLENTY OF WATER · Even if you don't feel thirsty, your body needs water to keep cool. Avoid drinks with alcohol or caffeine, which can dehydrate you.

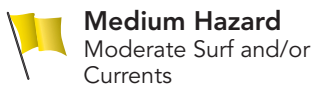
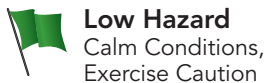
PROTECT YOUR EYES · Ultra-violet (UV) rays can damage your eyes. Don't forget your sunglasses.

BEWARE OF HEAT STROKE · Watch for hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. If someone shows symptoms, call 911. Keep the victim lying down and cool the body by placing ice packs or cold packs on wrists, ankles, armpits and neck. Wet towels may also be used.

JELLYFISH RELIEF · Use saltwater to wash the sting. Apply rubbing alcohol or vinegar to the sting area. Do not rub the sting area. If the victim experiences difficulty breathing or swallowing, seek immediate medical attention.

SUNBURN RELIEF · Drink lots of water. Soak in a cool bath or apply cold compresses several times a day. Do not apply petroleum jelly or oil-based lotions. Acetaminophen or Ibuprofen may help relieve pain and swelling.

Understand and Observe Beach Flags



Under Gulf Shores & Orange Beach city ordinances, it is illegal to enter the Gulf of Mexico within the corporate limits of either city when two red flags are displayed.

Be a Safe Swimmer

Swimming in the Gulf is much different than swimming in a pool. It is important to respect the strength of the sea and the marine life that lives there.

- **ALWAYS** check surf and weather conditions before heading to the beach and observe beach flags.
- Never swim alone. Always stay in groups. Don't wander too far from shore.
- Stay within designated swimming areas. Don't swim near piers, pilings and platforms. Exercise caution when swimming in areas between sandbars or near steep drop-offs.
- Do not swim in areas being used by fishermen. Avoid swimming in areas where schools of fish are present.
- Diving seabirds are good indicators of areas to avoid.
- Alcohol and swimming do not mix.
- Use extra caution when water is murky. Avoid being in the water during dusk, night time or twilight hours.
- Avoid wearing shiny jewelry and clothing.
- Stay informed of local weather and beach conditions.
- Beware of rip currents. Rip currents are channelized currents of water flowing away from shore at surf beaches. They typically form at breaks in sandbars, and also near structures such as jetties and piers.
- If caught in a rip current, *remain calm*. Fighting the rip current can exhaust you. *Escape the current by swimming parallel to the shoreline*. When free of the current, swim at an angle—away from the current—toward shore.
- If unable to escape by swimming, float or tread water. When the current weakens, swim at an angle away from the current toward the shore.
- If you feel unable to reach the shore, draw attention to yourself: face the shore and call or wave for help.

FOR CURRENT SURF CONDITIONS

Gulf Shores
251-968-TIDE
GulfShoresAL.gov

Orange Beach
251-981-SURF

In the Event of a Hurricane

What is a Hurricane Watch?

A Hurricane Watch means hurricane conditions are possible in the specified area, usually within 36 hours. During a Hurricane Watch, stay tuned to local television and radio stations for updated information. Prepare to take immediate action to evacuate if a Warning is issued.

What is a Hurricane Warning?

A Hurricane Warning means hurricane conditions are expected within the specified warning area, usually within 24 hours. Complete storm preparations. Evacuate immediately if directed by local officials.

Keep your car fueled. If electricity is cut off, gas stations may not be able to operate pumps for days. If roads are closed, do not drive around roadblocks and do not attempt to drive through flooded streets.



FOR CURRENT STORM INFORMATION

Gulf Shores

251-968-8433

GulfShores.com

Orange Beach

251-980-4636

OrangeBeach.com