

5 Essential SUMMER SAFETY TIPS for All Ages

The long, leisurely days of summer are just around the corner. With kids out of school, families nationwide are gearing up for backyard barbecues, pool parties and beach trips.

Unfortunately, summer adventures aren't without their risks. Heat stroke, dehydration and accidents can—and do—happen.

Here are five simple tips to avoid these hazards and stay safe this summer.

1. Prevent Heat Stroke Heat stroke is a life-threatening condition that can affect people of all ages. It is caused by your body overheating, typically due to prolonged exposure to sweltering temperatures. Common symptoms include confusion, profuse sweating and hot, dry skin. Stay hydrated and take it easy on hot days to reduce your risk of heat stroke.

2. Use Sunscreen Planning a trip to the beach? Don't forget sunscreen! Too much exposure to harmful UV rays can cause sunburn—or even lead to skin cancer. Always use a broad-spectrum sunscreen of 50 SPF or higher. Reapply it every two hours, paying close attention to your ears, nose and neck. You can take extra precautions by wearing sunglasses and wide-brimmed hats.

3. Stay Hydrated Drinking plenty of water on hot days is essential regardless of how active you are. Keep a reusable water bottle with you and sip water throughout the day. Sports drinks with electrolytes also keep you properly hydrated. Avoid alcohol if you're out in the heat for extended periods. While summer cocktails are delicious, they cause you to become dehydrated more quickly.

4. Wear the Proper Clothing When it comes to summer clothing, many think that less is best. However, this exposes more areas of your skin to sunlight. Wear loose, breathable, light-colored fabrics to help reflect the sun. You can beat the heat while staying safe.

5. First-Aid Kit Unexpected injuries can happen. Take a first-aid kit if you're hiking or camping. A basic first-aid kit should include:

- ▶ Saline solution
- ▶ Antibiotic ointment
- ▶ Gauze pads
- ▶ Bandages
- ▶ Antiseptic wipes
- ▶ Cold compress
- ▶ Tweezers
- ▶ Oral thermometer

Use these five simple tips to stay safe all season long.



This amazing vehicle is a 1934 Hispano-Suiza sedan from France with an overhead valve V-12 engine that generated 220 horsepower—incredibly advanced for that day!

WRONGFUL DEATH

Accident victims have the right to pursue a personal injury claim and recover compensation for losses. But what if an accident is fatal? In these tragic circumstances, a wrongful death claim can help surviving family members recover compensation from those who are to blame.

What is Wrongful Death?

Wrongful death occurs when a person or entity fails to fulfill a legal duty and causes a death to occur. In a wrongful death lawsuit Plaintiffs must prove:

- ▶ A person or entity behaved negligently or committed an intentional wrongful act
- ▶ Their actions were the direct cause of a death

- ▶ There are damages associated with the death

If proven, surviving family members or the estate could be awarded compensation or could be offered a settlement by the party who caused the death to occur.

Wrongful Death vs. Personal Injury Lawsuits

Wrongful death claims are similar to personal injury lawsuits in many ways but they occur when an accident does not just cause injuries but results in a death.

In a wrongful death claim the family or personal representative pursues a case against those responsible for causing the fatality. They

can file a lawsuit or negotiate a settlement and can recover compensation for medical bills and pain and suffering that the deceased experienced prior to death. They can also receive compensation for funeral bills and burial costs as well as for loss of the deceased person's future income and companionship.

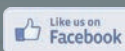
If you are pursuing a wrongful death lawsuit, after a very serious accident has forever changed your life and has cost the life of a loved one, you should have an attorney. The compensation could be worth millions of dollars in some cases. You need an experienced attorney to help you navigate the legal system and protect your rights.

Jackson & MacNichol COMMUNITY CONNECTION



A referral is the greatest professional compliment we can receive. If you have a friend, neighbor, or family member who is in need of legal representation with the VA, please consider referring them to our firm. We will do our best to provide the highest possible level of service and deliver winning results.

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AI CYBER SCAMS: What You Need to Know

It's no surprise that artificial intelligence (AI) is changing the world. While AI has brought self-driving cars and boosted efficiency it has also opened the door to more sophisticated cyber scams.

Cyber-criminals are now leveraging AI tools to trick people into believing their relative, friend or boss is asking them for money. Additionally, experts have found that AI-generated scam emails have higher open rates.

How to Spot a Fake

- ▶ Learn how to spot common warning signs of scam emails including suspicious links, unusual requests and an unusual sense of urgency
- ▶ Never click on links sent to you by unknown email addresses
- ▶ Use strong passwords
- ▶ Never share sensitive information online
- ▶ Use two-way factor authentication

As AI continues to become more sophisticated so will email scams. It's essential to protect yourself.

