



Tips for a Healthy Summer

Simple steps to help families enjoy summer while staying healthy and safe

Stay up-to-date on vaccines!

- Get vaccinated and submit vaccine records online using [ICON](#) – it's fast and secure.

For help reporting, use this [resource](#).

Summer vaccine clinics are available. Book an appointment:

tphbookings.ca



Keep healthy routines

- 5 to 17 year olds should have no more than 2 hours of recreational [screen time](#) per day.
- Learn more about safe and balanced [screen use](#).
- Sweat, step, sleep. Be active together as a family and get enough sleep. Avoid using headphones and cell phones while walking/cycling. Visit activeTO.ca



Be safe outdoors

- [#BeSunSafe](#)! Protect your skin by wearing sunscreen SPF 30 or higher, seeking shade, wearing a wide brimmed hat and sunglasses with 100% UV protection.
- Decrease the risk of [tick-borne disease](#) such as [Lyme disease](#) by preventing tick bites, safely removing and [identifying ticks](#), and contacting your healthcare provider if necessary.

- Stay [healthy in hot weather](#). Heat-related illness is preventable by drinking enough fluid (water is best) and staying cool.
- Protect yourself during [wildfire smoke events](#).



Parent and teen resources

- Get information and support for [mental health](#), [vaping](#) and [sexual health](#). Talk to your teen about [substance use](#).



E-scooters: Not a toy. Not safe.

- Not legal to ride in Toronto! Learn more at toronto.ca/e-scooters



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More [information](#) for parents and caregivers