HIGH FIVE FOR OUTDOOR SUMMER FUN

Five simple tips to help you stay safe.

Summer. It’s all about fresh air, sunshine and the great outdoors. Whether it’s a backyard BBQ, a picnic in the park or a trip to the shore, make sure you play it safe all summer long.

Here’s how.

Protect yourself from bugs.
› Insect repellent with EPA-approved products like DEET can be used to help ward off bugs, especially mosquitoes and ticks.¹
› After being outside, shower and/or inspect yourself and your family for ticks immediately.
› If you do find a tick, remove it with fine-tipped tweezers. Call your doctor if you develop any rashes, fever or fatigue within the next one to three weeks.

Keep food safe when outside.
› Use a meat thermometer to ensure you cook meat and poultry to a safe temperature. Always cook your ground beef to 160 degrees and your chicken to 165 degrees.²
› When grilling, never put your cooked meat on the same plate you used when it was raw.
› Remember to keep your hot food hot and your cold food cold.
› When you’re finished eating, refrigerate leftovers right away.

Keep your pool as germ-free as possible.
› Always shower before going in the pool.
› Don’t go in the pool when you have an upset stomach.

Practice sun safety.
› Try to avoid being in direct sunlight during the middle of the day. That is when the sun’s rays are at their strongest.
› Use broad-spectrum sunscreen that has an SPF of at least 30 and UVA and UVB protection.
› Wear a hat with a wide brim, sunglasses and light clothes to cover exposed skin and block UVA and UVB rays.³

Drink water safely.
Just because water looks clear, doesn’t mean it’s safe to drink. If you’re hiking and come across a lake, river or pond, there may be parasites in the water that can make you sick. To be safe:
› Treat or filter the water first.
› Bring bottled water from home.

Sources: