

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 15 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:

1. Centers for Disease Control and Prevention. "Which mosquito repellents work best?" <https://www.cdc.gov/westnile/faq/repellent.html> (last reviewed/last updated March 31, 2015)
2. U.S. Department of Health and Human Services. "Safe Minimum Cooking Temperatures." <https://www.foodsafety.gov/keep/charts/mintemp.html> (January 17, 2017)
3. Centers for Disease Control and Prevention. "Make Summer Safe for Kids." <https://www.cdc.gov/family/kids/summer/index.htm> (last reviewed/last updated May 23, 2016)

Together, all the way.®



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