

## Summertime Safety Tips

Summer is here. It is the time of year to be outdoors and enjoy the long days. As fun as it is, summer can be a dangerous time too. Follow these safety tips to keep summer fun.

**Barbecue & food safety** – Food borne illness is a serious public health threat. Make sure hands, utensils, and surfaces are clean, that you're cooking food thoroughly, storing it at a safe temperature, and avoid cross-contamination. These are simple steps that people can take to keep themselves and their families from getting sick.

**Stay hydrated** – As temperatures heat up, it's critical to stay hydrated. Too much heat is never a good thing, but it's especially dangerous for young kids and older adults. Pets need extra water too. Drink plenty of water and avoid alcohol or caffeine when the weather is hot.

**Smog alerts** – Use the National Weather Service's air quality map to find out when pollution levels are too high for safe outdoor activities. Avoid strenuous activities in hot, direct sunlight. Pay attention to you body. Muscle cramps, dizziness and nausea may be signs of a heat-related illness.

**Wear sunglasses** – They are not just accessories. Sunglasses keep your eyes from working too hard squinting in the summer sun and help you drive more safely by minimizing the glare.

**Sunscreen is a must** – You don't need a super-high SPF. Depending on your natural color, 15 or 30 should do the trick if applied every two hours and after swimming or sweating.

Take extra precaution for a safe summer. **Have Fun in the Sun.** We hope everyone has a safe and enjoyable summer.

EASE has counselors available if you need to talk (800) 882-1341.



*“Strength is the courage...to reach out!”*