



## Stay safe during the sultry summer season!

Summer fun should go hand in hand with summer safety. Adults and kids both need to protect themselves while enjoying outdoor activities during warmer weather.

Anyone planning to be outdoors should wear sunscreen with at least 15 SPF. The sun's UV rays can damage your skin in as little as 15 minutes, and nearly 5 million Americans are treated for skin cancer each year. Still, fewer than 15 percent of men and 30 percent of women use sunscreen regularly on their face and other exposed skin when outside for more than one hour. If you have kids, reapply their sunscreen often. For the best protection, stay in the shade and wear protective clothing, a hat with a wide brim, and sunglasses.

Swimming can provide great fun and great exercise, but it comes with some safety hazards. Supervise kids at all times, and know whether a lifeguard is on duty. Keep pee, poop, sweat and dirt out of the water, or people may get sick. Take kids on bathroom breaks and check diapers every hour; change them in a bathroom or changing area, not poolside, to keep germs away from the pool. Everyone should wear a life jacket while boating.

Many people will cook outdoors for guests this summer. Keep everyone healthy by sticking to a few important food safety rules. Keep hot food heated until served. Keep cold food on ice or in the refrigerator, and chill leftovers promptly. Cover dishes to keep bugs away. Never leave a grill unattended. Clean off any excess grease, and keep a fire extinguisher nearby.

Ticks and mosquitoes can both transmit serious illnesses, so take care to protect yourself and your family. Always thoroughly check humans and pets for ticks after returning indoors, and stay at the center of trails and avoid brush to steer clear of ticks. Mosquito bites aren't just annoying – they can cause diseases like Zika, dengue, West Nile virus and chikungunya. Always use an approved mosquito repellent outdoors, and empty bird baths and other locations around your property often as they collect water. Mosquitoes can breed in something as small as a bottle cap, if it's filled with water.

*Source: Centers for Disease Control and Prevention*