



TIP OF THE WEEK

Summer Health and Safety Tips

WARNING: “Heat exposure caused 8,015 deaths in the United States from 1979-1999.”

1. Sun and Heat Tips:

- ❖ Protect yourself during the time of day when the sun's UV (ultraviolet) rays are strongest – between 10:00 a.m. and 4:00 p.m.
- ❖ Wear long sleeves and pants, and apply sunscreen and a protective lip balm with an SPF of 15 or higher
- ❖ Drink plenty of water or other non-alcoholic beverages
- ❖ Wear lightweight, loose-fitting clothing that is light in color
- ❖ Reduce strenuous activities or do them during the cooler parts of the day

WARNING: “Center for Disease Control and Prevention estimates that 76 million Americans get sick from food-related illness every year. More than 300,000 end up hospitalized and about 5,000 die each year from foodborne illness.”

2. Food Safety Tips:

- ❖ Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure your grilled meats are “done.” Ground beef, for example, should be cooked to an internal temperature of 160 degrees Fahrenheit
- ❖ Don't cross-contaminate one food with another. Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food
- ❖ Bacteria can grow quickly at room temperature, so refrigerate leftover foods promptly
- ❖ Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage

For more information about these and other safe summer tips, visit Centers for Disease Control and Prevention (CDC's) Web site at <http://www.cdc.gov> and Summer Health and Safety Tips