

*"For safety's sake—do something."*

## Summer's Here!

**At last. It's finally here! The season for warm weather, grilling, picnics, water activities, travel, and outdoor fun!**

**Practicing common sense and safety will keep you looking good, feeling good, and you won't miss out on any of the fun.**



### Food Safety

- Wash hands with soap and warm water before handling food and after handling raw poultry or meat.
- To prevent cross-contamination of bacteria, keep raw meats away from other foods.
- Cook foods thoroughly, especially ground beef, poultry, and pork.
- Refrigerate all perishable food within two hours.

### Fire Safety

- Before using a grill, clean it to remove any grease or dust. Check for gas leaks.
- Use the grill outside, not in a garage, porch, or other enclosed space.
- If you use a fire pit, put out the fire completely before leaving it unattended.
- Do not park your vehicle on grass; hot exhaust can ignite dry vegetation.

### Water Safety

- Don't swim alone.
- Wear a life vest while boating.
- Supervise children at all times in and near the water.

### Sun Safety

- Use sunscreen with SPF 30 or higher. Apply it generously throughout the day.
- Wear a hat and sunglasses.
- Drink lots of water to stay hydrated.

### Travel Safety

- Don't drink and drive or travel with anyone who has been drinking.
- Wear your seatbelt at all times.
- Make sure your vehicle has been serviced before a long road trip.
- Familiarize yourself with your surroundings and know where the nearest emergency room is in case of an emergency.

### Camper Safety

- When opening your camper for the season, change all batteries.
- Check for fully charged and serviced fire extinguishers.
- Have a plan for what to do in emergencies.
- Check for any leaks, like water or gas.