

GREAT SAFETY TIPS FOR THE GREAT OUTDOORS



Ahhh. Summer. For most people, it means trading chilly, wet days indoors for long, fun-filled afternoons out in the sun. 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:

Summer safety tips

- 1. Use insect repellent** with 20% DEET to ward off bugs, especially mosquitoes and ticks. After being outside, shower immediately. Inspect yourself and your family for ticks. 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.
- 2. 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. 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. And when you're finished eating, refrigerate leftovers right away.
- 3. Keep your pool as germ-free as possible.** Small things, like washing your hands, showering before swimming, not swallowing pool water, and not going in the pool when you have an upset stomach will help keep the pool cleaner for everyone.
- 4. Practice sun safety.** Try to avoid being in direct sunlight during the middle of the day, since that is when the sun's rays are at their strongest. Use sunscreen that has an SPF of at least 15, wear light clothes to cover exposed skin, a hat with a wide brim and sunglasses that block both UVA and UVB rays.
- 5. Don't drink from a stream or lake.** If you're hiking and come across water that looks clear, it's not necessarily safe to drink. There may be parasites in the water that can make you sick. Drink safely and stay hydrated by either treating or filtering the water first.

For more information on ways to get and stay healthy, visit myCigna.com.

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