

The Great & Safe Outdoors

Summer has arrived and with it comes BBQs, pool parties and more. Ensure your outdoor activities are fun and safe for the entire family with these important summer safety tips from NorthShore University HealthSystem.



BBQ & Safety Too

Food safety is always important but summer heat requires taking extra precautions because **FOOD POISONING CASES DOUBLE** during the summer.

ON THE GRILL

Steaks to 145°F **Burgers to 160°F** **Chicken to 165°F**

Keep children and pets away from grill.

FIRE SAFETY:

Gas grills account for an annual **7,200 home fires**. Always take proper grill safety precautions and follow safety instructions:

- Prevent grease fires by keeping your grill clean and removing grease/fat buildup.
- Have a fire extinguisher nearby.
- Use your grill strictly outdoors.

Use a **food thermometer** to check that meat has reached a safe internal temperature.

Replace all utensils and plates that previously held raw meat.

ON THE PICNIC TABLE

Keep cold food **cold** and hot food **hot**.

Helpful Hint: Don't leave food out for more than **2 hours indoors** or **1 hour outdoors**.

Cold Food ≤ 40°F

Hot Food ≥ 140°F

Under the Summer Sun

UV rays can cause premature skin aging, eye cataracts, immune system suppression and skin cancer.



1 in 5 Americans will develop skin cancer in their lifetime.

UV rays are strongest between **10 a.m. & 4 p.m.**



Apply sunscreen at least 10 mins. before stepping outside and reapply every 2 hours.

Helpful Hint: Don't forget your scalp and ears!

Keep the Bugs Away

Insect bites can cause dangerous illnesses like West Nile virus and Lyme disease. In 2013, there were **117 HUMAN CASES** of the West Nile virus in Illinois.

APPLY INSPECT REPELLENT AT OUTDOOR GATHERINGS

PRECAUTIONS FOR CHILDREN: Don't use insect repellents with levels of DEET over 30% on kids under 2 years old.

Keep repellent away from children's hands and mouths.

Helpful Hint: Protect your pet too! Spray pets with flea and tick repellent.

AVOID

Fragrances
Perfume and scented soaps and shampoos attract insects.

Standing Water & Heavily Wooded Areas
Mosquitoes are attracted to standing water and deer ticks tend to gather in heavily wooded areas.

Bright Clothes
Bright, floral prints attract bees and hornets.

Beach Time

Every day approximately **10 PEOPLE DROWN** unintentionally in the United States. At least 20% of these are children aged 14 years or younger.

SWIM SAFETY

Always supervise young children.

A responsible adult should be within arm's reach of children at all times.

Use the buddy system.

Swim with a buddy and only where a lifeguard is present.

Watch for strong waves or rip currents.

Signs of rip currents are discolored, choppy, foamy or debris-filled waters.

Helpful Hint:

Enroll your child in swimming lessons to reduce the risk of drowning.

Helpful Hint:

Learn CPR. You can help save someone's life before the paramedics arrive.

Sources

northshore.org
nfpa.org
fda.gov

prevention.com
cdc.gov
cyh.com
nhs.uk

idph.state.il.us
kidshealth.org
sunsafetyalliance.org