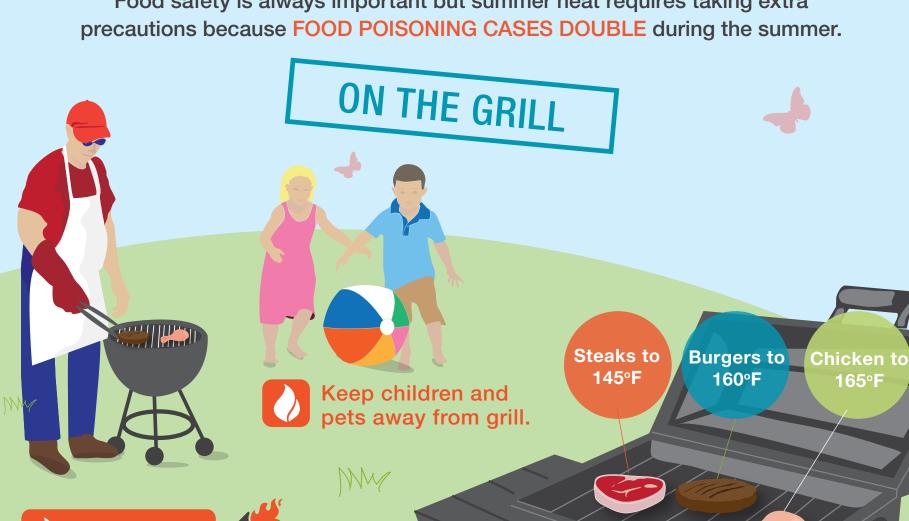


# **The Great & Safe Outdoors**

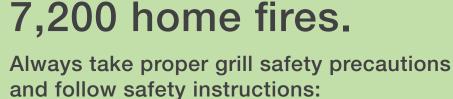
Summer has arrived and with it comes BBQs, pool parties and more. Ensure your outdoor activities are fun and safe for the entire family with these important summer safety tips from NorthShore University HealthSystem.



# **BBQ & Safety Too** Food safety is always important but summer heat requires taking extra







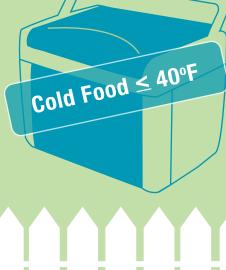
Prevent grease fires by keeping your grill

clean and removing grease/fat buildup. Have a fire extinguisher nearby.

Use your grill strictly outdoors. ON THE PICNIC TABLE

### Keep cold food cold and hot food hot.

or 1 hour outdoors.





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

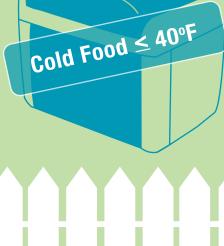
and plates that previously

Replace all utensils

held raw meat.

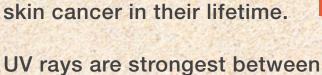
### **Helpful Hint:** Don't leave food out for

more than 2 hours indoors





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



1 in 5

10 a.m. & 4 p.m.

Americans will develop

**Keep the Bugs Away** 





Don't forget your scalp and ears!

# APPLY INSPECT REPELLENT AT OUTDOOR GATHERINGS

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.



**PRECAUTIONS** 

**Heavily Wooded Areas** Fragrances Perfume and scented



Keep repellent away from children's hands and mouths.

Mosquitoes are attracted to standing water and deer ticks tend to gather in heavily wooded areas.



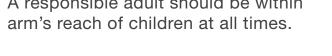
**Bright Clothes** 

### Bright, floral prints attract bees and hornets.

# **Beach Time**

United States. At least 20% of these are children aged 14 years or younger.

### Always supervise young children. A responsible adult should be within **Helpful Hint:**



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

Use the buddy system.

Learn CPR. You can help Watch for strong waves or rip currents.

### save someone's life before Signs of rip currents are discolored,

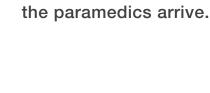
the paramedics arrive.



northshore.org

idph.state.il.us kidshealth.org







prevention.com cdc.gov

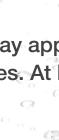












soaps and shampoos

attract insects.











