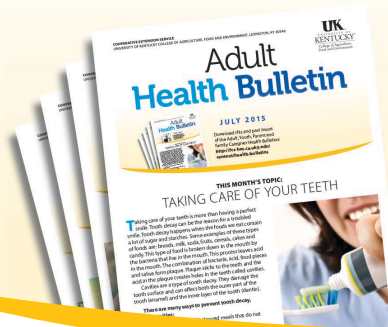


# Adult Health Bulletin



**JULY 2016**

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## THIS MONTH'S TOPIC: SUMMERTIME SAFETY



**L**ong summer days are here again! This is a wonderful time of the year to enjoy being outside, have a BBQ and possibly even a vacation. While enjoying many different activities this time of year, make sure you are doing so safely.

### Enjoying the outdoors safely

One common injury during the summer is sunburn. Make sure that you apply sunscreen in the morning and every two hours throughout the day if you are outside. Remember that if you are swimming or sweating, you should reapply sunscreen more often.

Also, don't forget to wear insect repellent. You should apply insect repellent on any uncovered skin, except face and hands. It also helps to wear light

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# ***Don't forget to apply insect repellent on any uncovered skin, except face and hands.***

## **Continued from page 1**

colored clothes. It is also important to get rid of any water that is collected around the house.

### **BBQ and picnic safety**

Can you smell the BBQ already? For some people, nothing says summer like having a cookout. There are a few safety tips to remember though. Do not thaw meats or poultry on the counter. Instead, thaw meat or poultry in the refrigerator or cook from frozen. If you have to cook frozen meat or poultry, it will take longer to cook thoroughly. Make sure cooked meats and poultry are at a safe internal temperature before serving.

Picnics can be a lot of fun, but it is important to be safe with your food choices. Anything that has dairy, eggs, meat or mayonnaise should not be left out of refrigeration. Pack plenty of ice to keep those items cold. Don't forget to wash your hands before touching food. If water and soap are not available use hand sanitizer or wet wipes to make sure your hands are clean.

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### **Vacation safety**

Going on a vacation can be a lot of fun, but you want to make sure that you are able to enjoy every minute of it. Plan ahead for any problems that may arise during your vacation. This includes thinking about who will be traveling with you and any medications that they may need. It is also a good idea to be prepared for illness when you are gone. If you have a first aid kit, make sure that it has a thermometer and medicine that can help if someone gets sick.



There are many ways to make sure that you have a great summer. But no matter what you do this summer, make sure you are being safe.

#### **REFERENCES:**

- <http://wwwnc.cdc.gov/travel/page/plan-ahead>
- <http://www.foodsafety.gov/blog/perfectfood.html>
- <http://www.cdc.gov/Features/stopmosquitoes/index.html>

Adult  
**Health Bulletin**

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