

Safe Family Summer Fun

Whether you are lounging with your family under a shady tree enjoying a picnic, playing on the water, or relaxing on a camping trip, be sure to have fun and be safe this summer.

Here are some suggestions to follow:

Pack a picnic:

- **Keep it cool.** When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable food in another. That way, as picnickers open and reopen the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures.

Keep it safer on the water:

- **Pool Safety.** Home pool drowning is a leading cause of death for children younger than 5. Visit www.redcross.org and enroll everyone in the home in American Red Cross water safety and learn-to-swim courses.
- **Proper Floatation is Key.** When choosing a life jacket, make sure that it is the right type for the activity - boating, swimming, rafting, or fishing. All the life jackets should be U.S. Coast Guard approved. Water wings, swim rings, inflatable toys and other items designed for water recreation are not substitutes for U.S. Coast Guard-approved life jackets or adult supervision.

Relax in nature the safe way:

- **Campfire Know-How.** What camping trip is complete without a campfire? Make sure you build the fire in a pit away from overhanging tree branches and encircle it with rocks. Keep a bucket of water and shovel nearby, and always completely extinguish a fire before leaving the campsite.
- **Don't let the bugs bug you.** To help repel bugs and their nasty bites while camping, apply insect repellent containing DEET to skin and clothing, or try one of the more natural and chemical free varieties available today. If you're hiking, wear long pants, boots, and socks. Remember to check for ticks thoroughly upon return.

Source: Centers for Disease Control and Prevention