

# FOOD SAFETY TIPS FOR SUMMER



## COOLERS & ICE CHESTS

Keep cold foods refrigerated or in a cooler with ice to maintain them at a temperature of 41°F or lower.

Store your meat in a separate cooler away from other foods.

Be sure that ice used for drinks is kept separate from other food items.

## COOKING TEMPERATURES

Cook your hamburgers to 160°F.

Hold hot foods at a temperature of 135°F or higher.

Using a calibrated thermometer can help prevent foodborne disease.

Don't rely on how cold or hot a food item "feels" to your touch.



## DON'T LEAVE FOOD OUT IN THE HEAT

Throw out any perishable food if it has been sitting out for longer than 2 hours.

Food left out at room temperature is in the Danger Zone for bacterial growth, which is 41 – 135°F.



# HAND WASHING

**Use warm, soapy water**

**Wash for 20 seconds**



**Rinse well**

**Dry your hands**

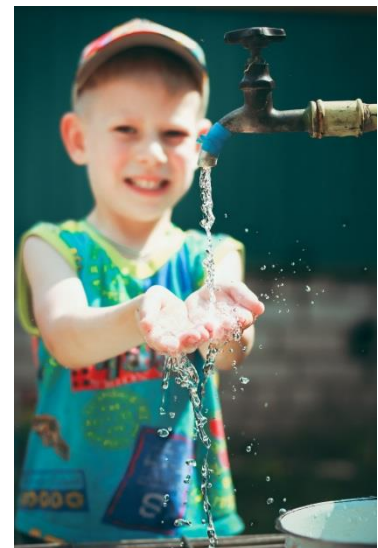
CUYAHOGA COUNTY  
BOARD OF HEALTH

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**If soap and running water is not available, keep a bottle of hand sanitizer. Use it before you eat and after using the restroom.**



**Be sure that children wash their hands after playing outdoors.**



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# WAYS TO BEAT THE HEAT



During hot weather, it is important to increase your fluid intake regardless of your activity level.

Alcoholic beverages cause your body to lose more fluid and can dehydrate you.

Use a sunscreen with a sun protection factor (SPF) of 15 or higher.

Reapply as directed on the container.



Reduce the risk of sunburn by limiting outdoor activities during daylight hours.

The sun's rays are strongest between 10 a.m. and 3 p.m.

# PROPER POOL PRACTICES

**Never leave children alone in or near the pool or at the beach, even for a moment.**

**Drowning is the leading cause of unintentional death among children ages one to four in the United States.**

**It is the second-leading cause of unintentional injury-related deaths to children aged 14 and under.**



**Keep rescue equipment near the pool:**

**Shepherd's hook - a long pole with a hook on the end**

**Life preserver and Telephone**

**Swim near a lifeguard whenever possible.**

**Lifeguards are trained in injury prevention and emergency response.**

**A lifeguard can help make the difference between life and death.**



# FIGHTING MOSQUITOS



Mosquitoes can breed in many places around your yard:

Buckets

Clogged gutters Drainage  
ditches Kiddie pools

Unused tires

Eliminating standing water will help to reduce the population of biting adult mosquitoes around your house.

Use insect repellent on both skin and clothing.

Repellents should contain DEET, picaridin or lemon eucalyptus oil for skin and permethrin for clothing.

Follow label directions and reapply often.



# HOW TO REMOVE TICKS FROM YOUR BODY



Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

Pull upward with steady, even pressure.

Do not twist or jerk the tick, which can cause the mouth parts to break off and remain in the skin.

If this happens, remove the mouth parts with tweezers.

If you are unable to remove the mouth easily, leave it alone and let the skin heal.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub or soap and water.

Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet.

Never crush a tick with your fingers.