

# The A-B-C's of Summer Safety

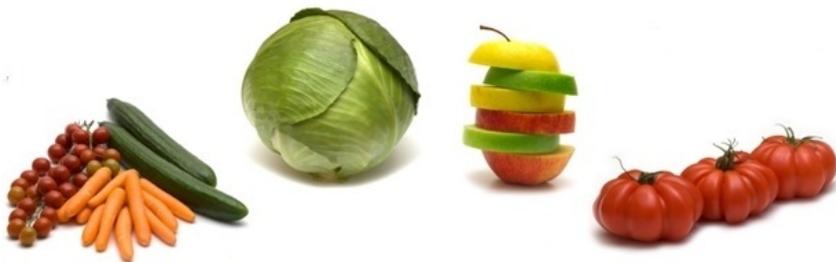
**A**nimal bites are serious. Immediately wash the bite thoroughly with soap and water if you are bitten by any pet or wild animal. Call your doctor or go to the emergency room. Report all animal bites to humans and pets to the Health Department.

**B**icycle helmets prevent brain injuries. Helmets should be positioned correctly and fit snugly. Insist that children wear helmets when they bicycle, skateboard and in-line skate. Wear a helmet yourself to set a good example.

**C**ookouts and picnics require safe food handling. Pack perishable food in an insulated cooler. Cook burgers and poultry to an internal temperature of 165°F. Eat everything, or return leftovers to the cooler, within a two hour time period.

**D**river fatigue can cause problems on road trips. Get enough rest the day before. Do the driving yourself instead of using cruise control. Stop every two hours to stretch your legs.

**E**lectrolyte-rich sports drinks replace salt and minerals lost from extreme exercise, although water is the best hydrator for most activities. Drink plenty of liquids even if you don't feel thirsty.



**F**ruits and vegetables are full of fiber, vitamins, minerals and micronutrients and fiber. Fiber plus the high water content help satisfy your hunger without adding empty calories to your diet.

**G**rilling is fun, but do it safely. All burns - even minor ones - can cause complications if not properly treated. Butter on a burn can seal in the heat and further damage the tissue, so run cool water over a burn for 10 to 15 minutes.

**H**eat stroke occurs when the body can't rid itself of excess heat. Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Lower body temperature as quickly as possible and seek immediate medical attention.

**I**nsects can be a real summer spoiler. Use insect repellent with DEET and light citronella candles to keep mosquitoes away. Cover food at outdoor events to avoid attracting bees and wasps.

**J**ust say no to drinking and driving. Choose a designated driver that will only drink non-alcoholic beverages. If you're the driver and drink alcohol, give your keys to a sober friend or call a taxi.

**K**ee cool on hot days by limiting exertion and staying inside. Be sure those at high risk of heat related illness – children and older adults – follow your lead.

**L**earn cardiopulmonary resuscitation (CPR). Check with the Red Cross or your local hospital for free or low cost classes.

**M**otion sickness can ruin a trip. Avoid eating a heavy meal before traveling. Don't read in a moving vehicle. Sit in the front seat and focus your eyes on the horizon.

## Summer Resources

EPA (air quality conditions / forecasts) ☀ [www.airnow.gov](http://www.airnow.gov)

"More Matters" ☀ [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

National Pesticide Information Center ☀ [www.npic.orst.edu](http://www.npic.orst.edu)

**N**atural habitats deserve respect - don't litter when camping or visiting parks. Take garbage with you or dispose in a receptacle, especially non-biodegradable items, cigarette butts, plastic containers, aluminum cans and disposable diapers.

**O**zone is a harmful pollutant that forms when hydrocarbon emissions react with sunlight, usually between the hours of 11 AM and 7 PM. High ozone levels occur on warm sunny days, especially when there is little air movement.

**P**ets can suffer from the summer heat. Provide extra water for your pets on hot days. Don't leave your dog in the car. A car parked in the sun can quickly reach 110°F, even with the windows cracked open.



**Q**uiz your family on your Emergency Action Plan for natural or manmade disasters. Prepare a Family Emergency Kit with essential supplies. Keep your Plan and Kit up-to-date.

**R**eview your medications once a year. Throw away (don't flush) expired prescription and OTC drugs. Fill all prescriptions at the same pharmacy to keep your medication record in one place.

**S**wim safely. Teach children to swim, and never allow them to swim unsupervised. Make sure they always swim with a buddy, don't dive into unfamiliar water or push and jump on others.

**T**ick bites can lead to Lyme disease. Use an insect repellent that contains DEET. Do a full body "tick check" after being outdoors - some ticks can be as small as a poppy seed. Remove tick with tweezers, then wash the bite site.

**U**ltraviolet (UV) radiation can damage skin without a sunburn. Wear a hat and sunglasses. Apply sunscreen with an SPF of at least 15. Limit your sun exposure from 10 AM to 4 PM.

**V**erify that your family knows what poison ivy, oak and sumac look like. Wash exposed areas immediately after coming into contact with any suspicious plant to remove irritating oils.

**W**ater that's contaminated can lead to "Traveler's Diarrhea", common in areas with poor sanitation. When in doubt, drink bottled water or water that's been boiled.

**E**xercise for 15 minutes each day. Ease into a program and set reasonable goals. Always check with your health care provider before starting an exercise program if you are sedentary or have a preexisting medical condition.

**Y**ard maintenance tasks can pose safety hazards when children are around. Allow pesticides and lawn chemicals to dry before letting anyone in the yard. Never let a child sit in your lap when using a riding mower.

**Z**oom! Warm sunny weather can go by in the blink of an eye. Take time to relax and enjoy the season.

## WEST WINDSOR HEALTH DEPARTMENT

serving the communities of

West Windsor ☀ Robbinsville ☀ Hightstown