Summer Picnics:  
Keeping Your Food Safe and Your Family Healthy 
Picnic season offers lots of opportunities for outdoor fun with family and friends. But warm weather events also present opportunities for foodborne bacteria to thrive. Use the following tips to beat bacteria at your summer picnic.

Keep it Clean!
• If you don’t have access to running water, use a water jug, some soap, and paper towels, or consider using moist disposable towelettes for cleaning your hands.
• Rinse fresh fruits and vegetables under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten.
• Don’t use the same utensil or platter for raw and cooked meat and poultry. Using disposable plates and utensils helps prevent cross-contamination.

Keep Cold Foods Cold!
• Keep perishable foods cool by transporting them in a cooler with ice. Perishable foods include meats, eggs, dairy products, pasta, rice, cooked vegetables and fresh, peeled and cut fruits and vegetables.
• Cold perishable food should be kept in the cooler at 40° F or below until serving time.
• Once served, cold perishable food should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it.

Keep Hot Foods Hot!
• Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the heat source. Food should not be left off the grill more than 2 hours (1 hour if the outside temperature is 90° or more).
• Use a food thermometer to be sure your food is cooked thoroughly. For example, hamburgers should reach an internal temperature of 160° and chicken breasts, 165°. Clean your thermometer after every use to avoid cross-contamination.

Questions?
Contact Environmental Health & Safety (EHS) (657) 278-7233

U.S. Food and Drug Administration 
http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm
Staying Safe In and Around Swimming Pools

Swimming is the most popular summer activity with families. According to the Center for Disease Control, drowning is a leading cause of death for young children ages 1 to 4, and the fifth leading cause of unintentional death for people of all ages. Follow these safety tips whenever you are in, on or around water:

- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Never leave a young child unattended near water and do not trust a child’s life to another child; teach children to always ask permission to go near water.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person’s ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body’s ability to stay warm.

Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, life jackets and a first aid kit.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.


Summer means picnics, barbecues, parades and fireworks displays, especially around the 4th of July. Summer also means an increase in injuries from backyard grills, bonfires and fireworks.

According to the U.S. Consumer Product Safety Commission, more than 5,000 consumers were treated in hospital emergency rooms due to fireworks-related injuries in 2012. More than half of these reported injuries involved burns to the hands, head and face. Children between the ages of 10 and 14 were at three times the risk of fireworks injuries. About a third of the injuries were from small firecrackers, 21 percent from bottle rockets and 20 percent from sparklers.

The National Safety Council advises that the best way to safely enjoy this 4th of July is to watch a public fireworks display conducted by professionals. However, if fireworks are legal where you live and you decide to use them, be sure to follow these important safety tips:

- Never allow young children to handle fireworks.
- Older children should use fireworks only under close adult supervision.
- Light fireworks outdoors in a clear area away from onlookers, houses and flammable materials.
- Light one device at a time; maintain a safe distance.
- Do not allow any running or horseplay while fireworks are being used.
- Never ignite devices in a container.
- Do not try to re-light or handle malfunctioning fireworks; douse and soak them with water and discard them safely.
- Keep a bucket of water nearby to fully extinguish fireworks that don’t go off or in case of fire.

National Safety Council [www.NSC.org](http://www.NSC.org)

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Beat the Heat This Summer!

During hot weather, especially with high humidity, body temperatures can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Anyone exposed to hot and humid conditions is at risk of heat illness, especially those doing heavy physical tasks or using protective clothing and equipment. Take extra precautions when the heat is on.

Heat Illness: Prevention is Key

When working or playing in high temperatures, be sure to prepare yourself accordingly.

• Drink plenty of water, even if you’re not thirsty.
• Wear lightweight, light colored clothing.
• Take breaks in cool, shady areas.
• Watch for symptoms of heat illness in yourself and others.
• Don’t forget to use sunscreen.

What to Look For: Signs and Symptoms

Heat Exhaustion: Signs include headache, nausea, dizziness, fast heartbeat, weakness, irritability, thirst, and heavy sweating. Treatment: Rest in shady, cool area and drink plenty of water or electrolyte fluids. Use cold compresses or icepacks to help cool the body. Seek medical attention if symptoms don’t quickly improve or worsen.

Heat Stroke: Signs include hot, dry skin, confusion, loss of consciousness, and seizures. Heat stroke is a medical emergency that may result in brain damage and death! Treatment: Call 9-1-1 immediately. While waiting for help, take person to a cool, shady area. Loosen or remove outer clothing; fan air on them. Douse with cold water, ice, anything that is available to cool them down as quickly as possible.

Summer Sunburn 101

It doesn’t take long. Just 20 minutes outside on a sunny day can severely burn your skin. If you forgot to slather yourself with SPF 30 or higher, how can you find relief? Physician and internationally recognized dermatologist Dr. Susan Taylor offers these tips.

SUMMER PEEL… NOW WHAT?

Most sunburns are considered first degree burns and do not usually require a trip to the doctor or emergency room. To take care of your burn, the first thing that you want to do is apply sunburn gel to relieve the pain, discomfort and itchiness. “Solarcaine Aloe Extra Burn Relief Gel” is a topical anesthetic, which numbs the skin and relieves pain and itching. Also consider applying cool compresses to the burned area or better yet, soaking in “Aveeno Soothing Bath Treatment” for about 10 minutes.

If your skin is a little past the acute sunburn stage and is beginning to peel, apply an after sun balm such as “Aveeno After Sun Moisture Repair.” The after sun product will soothe your red, tender, irritated skin. Most importantly, it will assist in repairing the immediate damage that the sun has done.

The third thing you should do is to gently remove those dead, peeling skin cells WITHOUT pulling the skin off. Don’t use a loofah or puff to exfoliate (the newly forming skin beneath the peeling skin is very delicate). Instead, bathe once or twice a day with lukewarm water use a soft washcloth and moisturize following.

Finally, by all means, don’t go back in the sun unless you want an instant burn. And remember, it is never too late to start wearing a sunscreen. Try an SPF 30 for your body and for your face.

The Today Show