

# SUMMER SAFETY TIPS FOR FOOD, FUN AND SUN

June is National Safety Month! Health Net cares about your safety and offers the following safety tips to help you enjoy food, fun and sun during the summer and throughout the year.

## FOOD: HOW TO KEEP GERMS FROM BECOMING THE LIFE OF YOUR PARTY

Backyard gatherings and other summertime celebrations bring families and friends together, but they also create an ideal environment for a bacteria attack. Fight back by following these four rules of thumb for safe and enjoyable eating:

### 1. CLEAN: Wash Hands, Surfaces and Food.

All fruits and vegetables should be washed under running water before eating, cutting, or cooking. Wash your hands, work surfaces and utensils frequently in hot, soapy water.

### 2. SEPARATE: Don't Cross-Contaminate.

Keep raw meats and seafood away from ready-to-eat foods. Place raw foods in sealed containers or plastic bags on the bottom shelf of your refrigerator to prevent dripping.

### 3. COOK: Heat to Proper Temperatures.

Ground meat should be cooked to a temperature of at least 160° F to destroy bacteria that may have crept in during processing. Fish should be cooked until it is opaque and flakes easily with a fork. When in doubt, insert a clean meat thermometer in the thickest part of meat or poultry.

### 4. CHILL: Refrigerate and Freeze Foods Correctly.

Refrigerators should be set between 34°F and 40°F and freezers at 0°F. Leave room in your refrigerator for adequate air circulation, defrost foods in the refrigerator or in cold water, and place all prepared food and leftovers in the refrigerator within two hours.



## FUN: SENSIBLE CYCLING

Biking is great fun and exercise for people of all ages, but safety should come first. Follow these simple guidelines:

### Use Safety Equipment

- Wear a helmet every time you ride!
- Use reflectors on the frame and wheels.
- Have a headlamp for dusk and nighttime riding.
- Keep your bicycle in good working condition.
- Check your tires and brakes each time before you ride.

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### *Obey Traffic Laws*

- Cyclists must follow the same traffic rules as automobiles.
- Ride in a single file with traffic, not against it.
- Stay off of sidewalks, and if possible, do not ride on major roads.

### SUN: SKIN SMARTS

Skin cancer is the most common of all cancer types. A recent study found that more and more people under the age of 40 are getting non-melanoma skin cancer. Although skin cancer is highly treatable and not usually fatal, people who develop them once are more likely to get them again. **There are several simple ways you can protect yourself and your family from skin cancer.** The American Cancer Society recommends:

- Avoid spending long periods outside in intense sunlight (especially between 10 am and 4 pm).
- Wear sunscreen with SPF 15 or more and cover up with clothing, hats, and sunglasses.

- Stay out of tanning booths; they can be just as harmful to your skin as the sun.
- If skin cancer does develop, it is important to catch it early so it can be treated effectively. Check your skin regularly, preferably once a month, for any suspicious blemishes, spots, or moles. Use a well-lit room, a full-length mirror, and a small hand mirror for hard to reach areas. Pay attention to the size, shape and color of any spots and moles so you can recognize changes.
- Visit your doctor immediately to check on any spots or moles that may concern you.

For more information on exercise and summer skin care tips, visit <http://www.healthnet.com> > *It's Your Life – Wellsite.*

