

Summer Safety Tips from the Centers for Disease Control and the Baltimore City Health Department

□ Keep Your Cool

- When possible, avoid outdoor activities during midday, when the sun's rays are strongest.
- Wear protective clothing, such as a wide-brimmed hat, a long-sleeved shirt, and long pants.
- For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.
- Use broad-spectrum (protection against both UVA and UVB rays) sunscreen and lipscreen with at least SPF 15.
- Look out for your neighbors and call 311 for information about Code Red on the hottest days.

□ Watch out for Fireworks

- Leave fireworks displays to trained professionals.
- Never allow children to play with or ignite fireworks.

□ Avoid West Nile Virus

- Install or repair window and door screens.
- Use mosquito repellent.
- Eliminate mosquito breeding sites by eliminating standing water

□ Avoid food-borne illness

- Wash your hands before and after preparing meals and eating
- Cook all foods to the proper temperatures, especially when barbecuing
- Refrigerate foods promptly
- Handle and prepare food safely.

□ Water Safety

- Learn how to swim. Never swim alone.
- Never leave small children unattended near pools.
- Wear your life jacket while boating.
- Avoid alcoholic beverages while boating.
- See <http://www.baltimorehealth.org/water.html> for health information on Baltimore's waterways

Source: Centers for Disease Control (<http://www.cdc.gov/men/summer.htm>) and Baltimore City Health Department