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**?** Now that summer is here, many of you are enjoying the weather with picnics, barbecues, and camping. Although these activities can be great fun, there are some safety concerns to keep in mind to protect you and your friends and family as you enjoy the rest of your summer!

### 7 ` UDRWj

There are over 76 million reported cases of food-borne illness each year, many of which are traced to picnics and barbecues. However, there are steps to be taken to help prevent this:

- » Cook all meats thoroughly. All poultry should be cooked to 165 °F, all cuts of pork to 160 °F, ground beef, veal, and lamb to 160 °F, and beef, veal, and lamb steaks, roasts, and chops to 145 °F.
- » Wash your hands before and after handling food, and before eating.
- » Keep all cooking utensils clean.
- » Food should never sit at room temperature for more than 2 hours.
- » Hot foods should be kept at 140 °F or warmer, and colds foods at 40 °F or colder.
- » Serve food on clean plates, and never on plates previously holding raw meats.
- » Do not baste cooked food with juices used for marinating.

### D.Z Ac` eVZ\_

According to the CDC, over 50,000 Americans were diagnosed with skin cancer in 2004, with almost 8,000 dying from the disease. The vast majority of skin cancers (65-90%) are caused by exposure to ultraviolet (UV) light or sunlight. Thus, it is important to take the following precautions:

- » Seek shade, especially between 10:00 a.m. and 4:00 p.m.
- » Wear protective clothing such as hats, long sleeves, pants, and sunglasses.

- » Use a sunscreen with an SPF of 15 or higher that protects from both UVA and UVB rays.
- » Take extra care if you are fair skinned, have a family or personal history of skin cancer, have a history of sunburns early in life, have blue or green eyes, have blond or red hair, have skin that burns, reddens, or freckles easily, or have certain types and large numbers of moles.

### GVe` d3` c\_ V5ZARd

A vector transmits infection from host to host. In this case we are talking mainly of mosquitoes and ticks, which can carry infectious diseases that lead to severe illness. Examples are West Nile Virus carried by infected mosquitoes and lyme disease by infected ticks. However, you can protect yourself and your loved ones if you take the following safety measures:

- » Apply a bug repellent to your skin containing an EPA-registered active ingredient, such as DEET, picaridin, IR3535, or oil of lemon eucalyptus.
- » Wear long sleeves, pants, and socks and shoes.
- » Plan indoor activities during the peak hours for mosquitoes. Mosquitoes are most active at dusk and dawn, and around sources of water.
- » Be sure to check yourself, your children, and your pets for ticks before entering your home. Ticks are most often found in long grass and brush, and wooded areas.

Sources: Centers for Disease Control and Prevention, United States Department of Agriculture

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