

Food Safety

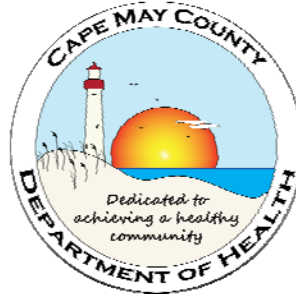


Proper food preparation protects against foodborne illnesses.

- ◇ **Clean:** your hands and surfaces with hot soapy water. Run cutting boards and utensils through the dishwasher or with hot soapy water
- ◇ **Separate:** raw meat, poultry, and seafood and their juices away from ready-to-eat foods
- ◇ **Cook:** with proper heating and preparation of food
- ◇ **Chill:** leftovers and takeout foods within 2 hours, and divide food into shallow containers for fast cooling

Quick Facts:

- ◇ Drowning is the **2nd** most common cause of death from injuries among kids under the age of 14
- ◇ Just a **few** sunburns can increase your child's risk of skin cancer later in life
- ◇ Each year, about **300,000** kids go to the emergency department because of bike injuries
- ◇ This year **1 in 6** Americans will get sick from a foodborne disease



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Cape May County
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Summer Safety:



Tips To Stay Safe This
Summer In
Cape May County



Keep Kids Safe This Summer!



Sun Safety



If you're going out in the sun:

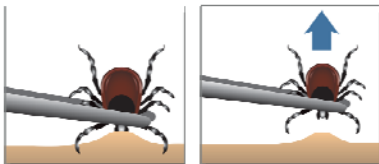
- ◇ **Always** wear sunscreen (SPF 15+ labeled Broad Spectrum)
 - ◇ Apply over whole body 20 minutes before going out in the sun
 - ◇ Reapply every 2 hours
- ◇ Wear a hat
- ◇ Wear sunglasses that block UVA and UVB radiation
- ◇ Stay in the shade to avoid overheating
- ◇ Drink plenty of water to keep hydrated

Insect Safety



Warmer temperatures are not just attractive to people, but to mosquitoes and ticks. When outdoors:

- ◇ Wear long sleeve shirts and pants particularly between dusk and dawn
- ◇ Use insect/tick repellent (follow instructions carefully)
- ◇ Take a shower daily and check the **whole** body for ticks
 - ◇ Only remove ticks with tweezers



Bicycle/Skateboard

Safety

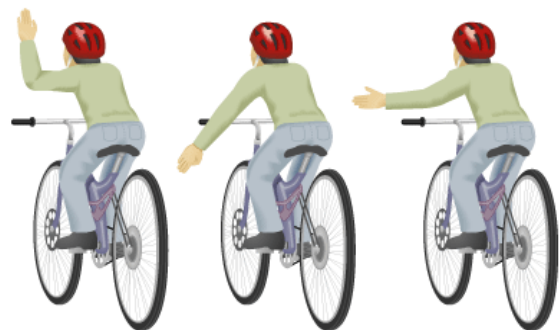


Bike riding and skateboarding are a lot of fun, but accidents can happen. It is important to wear a helmet **EVERY** time you ride.

Helmet On, Now What?

- ◇ Make sure you have the right size bike
- ◇ Wear bright reflective colors
- ◇ Put reflectors on your bike/board
- ◇ Obey traffic lights and street signs
- ◇ Cross at intersections

Signal your intentions in advance:



Right Turn

Stop

Left Turn

Water Safety

Most water related accidents can be avoided by knowing how to stay safe while having fun.

Swimming pools:

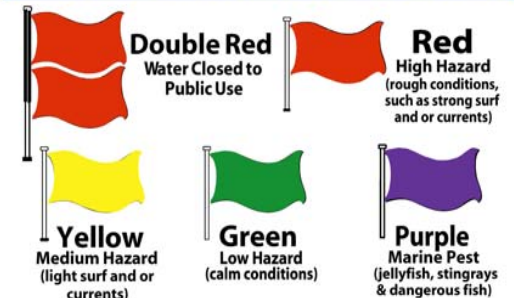


- ◇ Swim with a buddy
- ◇ Only dive off the diving board
- ◇ Shower before swimming
- ◇ Don't swim with diarrhea
- ◇ Try not to swallow water

Ocean swimming:

- ◇ Face the waves
- ◇ Pay attention to sandbars, rip tides, and current warnings
- ◇ If caught in a rip current don't fight it - float or tread water and call for help
- ◇ Always swim near a lifeguard. Check for beach flag warnings or ask a lifeguard about water conditions.

BEACH FLAG WARNING SYSTEM



**May not be used on every beach*