



SAFETY ALERT

Stay Safe and Healthy This Summer

The temperatures are rising and the days are getting longer.

Follow these guidelines to avoid heat-related illnesses:

- Never leave children, pets or others alone in a closed vehicle. (NOTE: The temperature inside a car can reach over 140 degrees in the matter of minutes and can result in death)
- When working outside or in a non-air-conditioned workplace, take frequent breaks, rest in the shade or cooler environment.
- Drink plenty of water or other non-alcoholic beverages.
- Check on your neighbors, friends and relatives (morning and evening).
- Seek shade, especially during midday hours (10 am to 4 pm) when UV rays are strongest. Reduce strenuous activities to the cooler parts of the day.
- Avoid extreme temperature changes, such as taking a cool shower immediately after coming inside from hot temperatures.
- Cover up with clothing to protect exposed skin. Long-sleeved shirts and long pants with a tight weave are best. Wear a wide brim hat to shade face, head, ears and neck.
- Wash your hands before and after handling food.
- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- Never let raw meat, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator.

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