

SUMMER OUTDOOR SAFETY



Protect yourself from the Sun: Skin cancer is the most commonly occurring cancer in the US. Reducing exposure to the sun's ultraviolet (UV) rays can decrease the risk of skin cancer. To reduce your exposure to the sun's harmful rays, use protective sunscreen (SPF-15 or higher) and wear protective clothing, such as long sleeves and hats. Make sure to also be mindful of heat exhaustion and heat stroke when temperatures are high. Remember to limit strenuous outdoor activities, drink plenty of water, and avoid caffeinated or alcoholic beverages. If you have to be outdoors for long periods of time, it is important to rest often and find shade. [\(617\) 534-9650](tel:6175349650) | www.bphc.org/cancerprevention



Food and Grilling Safety: Food poisoning is caused by germs in contaminated meat, poultry, fish, dairy products, produce, or some liquids. To prevent foodborne illness, be sure to 1.) Wash your hands often, 2.) Keep raw foods that need cooking away from foods that are ready to eat, 3.) Make sure food is well cooked, 4.) Keep hot foods hot and cold foods cold before serving, and 5.) Do not leave food out for more than one hour. Also, never place barbeque grills on porches or decks where they can create a fire hazard. [\(617\) 534-5611](tel:6175345611) www.bphc.org/foodpoisoning and www.cityofboston.gov/fire/safety/bbq_safety.asp



Animal Bites: Rabies is caused by a germ found in the saliva of infected animals. It usually spreads to pets and humans through the bite of an infected raccoon, bat, fox, or skunk. To reduce the risk of rabies, make sure pets are up-to-date with their rabies vaccine. And avoid contact with and feeding stray and wild animals. [\(617\) 534-5611](tel:6175345611) | www.bphc.org/rabies



Illnesses Spread by Mosquitoes and Ticks: Mosquito bites can spread West Nile virus (WNV) and Eastern Equine Encephalitis (EEE), while attached ticks can spread Lyme disease. Not all mosquitoes and ticks carry disease, but you should take steps to protect yourself. Wear long sleeve shirts, long pants, and socks to prevent mosquito bites. Limit your time outdoors between dusk and dawn when mosquitoes are most active and apply an approved mosquito repellent. If you are in a grassy, brushy, or wooded area, apply a DEET containing repellent that will protect against mosquitoes AND ticks. Always check yourself, your children, and your pets for ticks after returning indoors and remove attached ticks immediately using tweezers. [\(617\) 534-5611](tel:6175345611) | www.bphc.org/mbi and www.bphc.org/ticks



Pool, Ocean, and Lake Safety: Learning to swim and following basic water safety rules can prevent drowning. One of the best things anyone can do to stay safe in the water is learn to swim and to follow basic water safety rules. Never swim alone, and always swim in areas with lifeguards. Actively watch children when they are swimming. Only swim in areas designated for swimming. Obey "No Diving" signs. Always wear a U.S. Coast Guard approved life jacket and avoid alcohol when boating and participating in water sports. [\(617\) 534-5197](tel:6175345197) | www.bphc.org/injuryprevention



Bicycle Safety: It is important to know how to ride safely to prevent crashes and to wear a helmet on every trip. Helmets are the single most effective safety device available to reduce bicycle-related head injury and death. Helmets benefit riders of all ages and Massachusetts law requires riders ages 16 and under to wear a helmet. Bicycles are vehicles of the road and should obey all traffic laws and regulations as automobiles, for example not riding on sidewalks, riding with traffic, and obeying traffic lights. Cyclists need to indicate turns and stops with hand signals and should stay visible by wearing bright clothing and using a headlight or taillight if riding at dusk or at night. [\(617\) 534-5197](tel:6175345197) | www.bphc.org/playsafe



Window Fall Prevention: Window falls are one of the leading causes of injury to children under age five. Falls from heights can cause serious injury or death. Windows should be locked if not in use or opened from the top if possible. All furniture, and anything a child can climb on, should be kept away from window area. For windows in use, window guards are recommended. Window guards can be purchased at local hardware stores. Boston residents can visit the link below to learn where to purchase discounted window guards. [\(617\) 534-5197](tel:6175345197) | www.bphc.org/kidscantfly



Building a Healthy Boston
Mayor Martin J. Walsh