

SUMMER SAFETY FLYER

(SUN, PESTS, AND GRILLING)



SHINING LIGHT ON UV SAFETY

Did you know July is Ultraviolet Awareness Month? Ultraviolet (UV) rays are a type of radiation that comes from the sun and artificial lights like in tanning beds. Overexposure can cause severe health problems, including skin cancer and macular degeneration.

Take steps to protect yourself from these harmful rays before you head outdoors! This is especially important between 10 a.m. and 4 p.m. when the sun is most intense.

Stay safe by following these key steps:

- + Look for a sunscreen that blocks all UVA and UVB rays with at least 30 SPF
- + Apply one ounce of sunscreen over your entire body, including ears, feet, and exposed scalp
- + Reapply sunscreen every two hours, even on cloudy days
- + Wear sunglasses designed for UV eye protection
- + Wear hats and cover up when able
- + Wear UPF labeled clothing
- + Stay in the shade or bring your own with an umbrella



HOW TO PREVENT TICK BITES

Ask your family physician, tick bites are worse than ever this year. In fact, according to the CDC, tick-borne diseases are on the rise.

You can fight back! There are things you can do to keep ticks from latching on to you or your family members.

Take these precautions when you're outdoors:

- + Avoid grassy, brushy, and wooded areas
- + Stay on marked trails and walk down the center
- + Treat clothing and gear with products with 0.5% permethrin
- + Wear light colored protective clothing
- + Tuck pant legs into socks
- + Use insect repellent with DEET, picaridin, or permethrin

When you're back inside, follow these steps to prevent a tick bite:

- + Check yourself, your children, and your pets thoroughly and carefully remove any ticks
- + Tumble dry clothes on high heat for 10 minutes
- + Examine your gear
- + Shower within two hours of coming indoors

Then you can enjoy the great outdoors safely.

Information from the Centers for Disease Control and Prevention.





BEST WAYS TO GET RID OF PESKY MOSQUITOES

Summer Brings Sunshine and Warm Weather —and Unfortunately Mosquitoes.

Mosquitoes can be more than just a nuisance. They can be carriers of disease. With mosquitoes laying up to 100 eggs at a time, they can get out of control quickly.

Thankfully there are ways to get rid of them. Following these tips will help you stay bug bite free this summer:

- + Remove standing water where mosquitoes could lay eggs
- + Empty, scrub, turn over, and cover items that hold water
- + Cover water storage containers with lids (buckets, cisterns, rain barrels)
- + Use fine wire mesh to cover containers without lids
- + Spray an outdoor insect repellent in dark, cool places like under patio furniture or in the garage/carport
- + Keep a manicured lawn and put down cedar mulch
- + Burn citronella candles
- + Plant mosquito repellent flowers like lavender, marigolds, basil, lemongrass, and rosemary

Take control, and these bloodsucking pests won't ruin your summer fun.

Information from the Centers for Disease Control and Prevention.

8 Mosquito Repellent Foods

Add these foods to your summer menus to keep mosquitoes from feasting on you:

- + Garlic and onions
- + Chili peppers
- + Basil
- + Tomatoes
- + Apple cider vinegar
- + Grapefruit
- + Lemongrass
- + Beans and lentils

Avoid foods that make you attractive to mosquitoes:

- + Salty foods
- + Alcohol
- + Sugary foods



KEEP YOUR BARBECUES SAFE

Grilling is a great way to enjoy the nice summer weather, but grill fires can start easily and spread quickly. Learn how to keep your home and family safe when cooking those burgers and dogs:

- + Only use grills outside—never on a deck, in an open garage, or under a balcony
- + Place your grill at least 10 feet away from your house or other structures
- + Make sure your grill is on a flat, level surface
- + Check your grill for leaks before grilling season begins
- + Always clean your grill after each use to reduce build-up
- + Never leave your barbecue grill unattended while in use
- + Wear clothing that won't interfere with cooking
- + Keep a spray bottle and fire extinguisher handy

When you put these tips into practice, your cookouts will be fun, tasty, and incident free.

Tips from First Alert.

