



**AUGLAIZE COUNTY**  
HEALTH DEPARTMENT  
*prevent. promote. protect.*

# Summer Safety

JUNE 2022

## Special Points of Interest

- Safe Swimming
- Firework Safety
- Summer Food Safety
- Sun and Heat Safety



## Safe Swimming



Drowning is the second leading cause of accidental death of American children ages 1 to 19, and most of those deaths occur in residential pools, reports the CDC. Many deaths from drowning are preventable by following basic safety rules for swimming in pools and natural bodies of water. Below are 8 safety rules to follow when swimming:

- Learn How to Swim: Formal swimming instruction is encouraged for children four and older.
- Supervise Children: Most accidental drownings of children from ages 1 to 4 happen in residential pools.
- Swim Only When a Lifeguard is on Duty: All swimmers should follow the rules of the lifeguard and only swim in designated areas.
- Never Swim Alone: Accidents can happen, even to strong swimmers. Even if you are a strong, healthy individual you should never swim alone.
- Avoid Diving Head First: Diving in shallow water can cause injuries. Diving into ponds, lakes, or murky water where the depth is unsure can be very dangerous.
- Use Proper Floatation Devices: inflatable toys, rafts, and tubes should never be used as a life-saving device.
- Learn First Aid & CPR: It is a good idea for adults who supervise children or have children to learn basic CPR and First Aid. Learning to rescue can make a big difference.
- Do Not Swim During Thunder Storms: Lightening is often attracted to and strikes water. If it begins storming, you should exit the pool immediately.



## Firework Safety

Summer is popular for barbecues, parades, and fireworks, but firework-related incidents do occur. In fact, there are more reported fires on July 4th than any other day of the year. Fireworks are meant to be enjoyed, but you'll enjoy them much more knowing your family is safe. Follow the tips below for firework safety:

- ⇒ Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F — hot enough to melt gold.
- ⇒ Never try to make your own fireworks.
- ⇒ Always use fireworks outside and have a bucket of water or a hose nearby in case of accidents.
- ⇒ Don't hold fireworks in your hand or have any part of your body over them while lighting.
- ⇒ Wear eye protection, and don't carry fireworks in your pocket — the friction could set them off.
- ⇒ Light one firework at a time (not in glass or metal containers), and **never** relight a dud.

# Summer Food Safety



Whether you are planning a small cookout, a big celebration, or a camping trip, you always need to be sure you think about food safety. Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm.

People also cook outside, away from refrigerators, thermometers, and sinks more often. **Be sure to clean utensils, surfaces, and your hands with soap and water.** If you are outside, or away from a sink bring hand sanitizer to clean your hands.

**Separate your plates and utensils when cooking.** You should never use the same utensil for raw meat and cooked meat. Do not leave your food at room temperature for more than two hours. If you will not be near a refrigerator, you should use an insulated cooler packed with ice or ice packs.

**Use a food thermometer to ensure your food is thoroughly cooked,** just because your burger is brown does not mean it is safe to eat. Cook all meat and poultry to the recommended internal temperatures: Burgers—160 degrees F., Chicken and Turkey—165 degrees F., Sausage—160 degrees F., and Steaks—145 degrees F. with a 3 minute rest time.

Be food safe and make sure your fun in the sun doesn't get cut short.

# Sun and Heat Safety

Everyone wants to be outside during warm summer days. But you also need to take the steps to protect your skin and to be heat safe while you're in the sun.

When you're in the sun you should cover up as much as possible. Covering up will protect your skin and help to prevent cancer. You should also use a sun-screen with an SPF of at least 30, and reapply every 2 hours. Be sure to seek shade, the UV rays are strongest between 10 a.m. and 4 p.m.

You should also protect yourself and others from the heat waves. You should always stay hydrated and take breaks as needed. Make sure you check up on the elderly and those without AC during the hot summer months. Never leave kids or pets unattended in vehicles; LOOK before you LOCK. Limit your strenuous outdoor activity and find shade often.

**Practice Sun and Heat Safety wherever you are.**

# Contact us with questions!

813 Defiance Street

Wapakoneta, Ohio 45895

Website: [www.auglaizehealth.org](http://www.auglaizehealth.org)

Phone: (419) 738-3410

Fax: (419) 738-7818

**For information email:**

[information@auglaizehealth.org](mailto:information@auglaizehealth.org)



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