



# 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 sunscreen 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!

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