

SUMMER Safety Tips

Learn essential safety tips to make the most of the summer season. Call [1-800-222-1222](tel:1-800-222-1222) with any questions.

#1

Food Poisoning

- Wash hands before and after preparing food and use clean utensils at all times.
- Store food at the proper temperatures and do not leave refrigerated foods sit out at room temperature for more than 2 hours.



Insect Bites

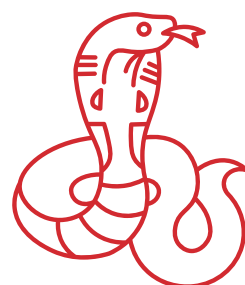
- Be alert around insects that sting and keep an eye out for bees, wasps, or hornets
- Go to a hospital if you have signs of an allergic reaction like swelling around eyes and mouth, breathing trouble, or dizziness after a sting

#2

#3

Snake Bites

- If a snake bites you, immediately call Poison Help (1-800-222-1222) and the expert at your poison center will determine if the snake is poisonous
- If it is not poisonous, you need to wash the wound and possibly get a tetanus booster shot



Spider Bites

- Most spider and tick bites are not harmful.
- The 2 most common harmful spiders are: female black widows and brown recluse

#4

#5

Plants

- If allergic to poison ivy, poison oak, or poison sumac, blisters can appear on your skin if touched. Remember, "leaves of three, let it be".
- Watch out for water hemlocks as they can be fatal to humans.



Alcoholic Drinks/Products

- Alcohol can be very harmful to children since their liver is not fully developed. The child can also develop low blood sugar, which can be deadly
- Keep alcoholic cups at gatherings up and away from children.

#6

#7

Insect Spray/ Lotion

- Be sure to follow application instructions carefully and to wash clothes and the body when back inside.
- Make sure an adult applies bug spray/lotion to children and avoid eyes/mouth.

