



# Healthy Living *tips*



# Summer Safety

Ensuring you and your family are safe and healthy this summer will make outdoor activities more enjoyable for everyone!



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# How to Avoid Bug Bites and Stings

Bug bites and stings during the summer are no laughing matter and can be down right annoying, even dangerous! What can you do to keep insects away? The Department of Health and Human Services (HHS) list several suggestions:

- Use an EPA-registered insect repellent, such as DEET.
- Wear protective clothing when outdoors from dusk to dawn- peak biting times for insects
- Don't wear heavily scented soaps, perfumes or bright colors which attract bugs
- Don't leave drinks and garbage cans uncovered.
- After being outdoors, everyone should check themselves and each other, plus pets, for ticks.



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# Food Safety During Summer Months

BBQ's are a good way to start the summer, but it's important to pay attention to food safety to keep you and your family from getting sick. Food-borne illness tend to increase during the summer months, but there are ways to prevent them.

The United States Department of Agriculture gives guidelines for cooking outdoors:

- Thaw meat and poultry before grilling
- Marinate food in the refrigerator, not on the counter
- Keep everything clean
- Cook food to safe internal temperature to destroy harmful bacteria
- Transfer food to a clean platter when taking it off the grill
- Refrigerate leftovers promptly



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# Safe Summer Swimming

The Centers for Disease Control and Prevention say that swimming is the third most popular recreational activity in the U.S. Choosing water-based activities offer plenty of health benefits, but there are health risks to be aware of.



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# Choosing the Right Sunscreen

Choosing the right sunscreen can be an overwhelming process since there are so many available options. How do you know what's the best SPF protection? Does the higher number protect you better? Here are some tips when purchasing sunscreen:

- Use sunscreen with a minimum of SPF 30 and maximum of SPF 50.
- Make sure the label lists UVA and UVB or broad spectrum protection
- Choose lotions instead of sprays for a more evenly covered protection
- Apply at least 2 ounces and remember to keep reapplying every two hours.



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# Resources

- To learn more about treating summer insect bites and stings visit the National Institutes of Health's website  
[www.nlm.nih.gov/medlineplus/insectbitesandstings.html#cat3](http://www.nlm.nih.gov/medlineplus/insectbitesandstings.html#cat3).
- Protect you and your family from foodborne illness by following the food safety guidelines recommended by the FDA  
[www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm](http://www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm).
- Get detailed information on preventing water-related injuries and illnesses at  
[www.cdc.gov/healthywater/swimming](http://www.cdc.gov/healthywater/swimming)
- Not sure which sunscreen is right for you? Find the answer at  
[www.cdc.gov/Features/SkinCancer/](http://www.cdc.gov/Features/SkinCancer/)



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