



Sun Smart and Summer Food Safety

Summer is here! With clear blue skies and hot sunny temperatures, we need to remember to practice being sun smart to enjoy our summer and remain healthy.

Two of the most important summer safety practices are protecting yourself from the sun's UV rays and outdoor food safety.



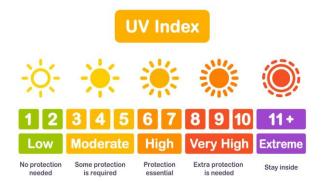
Sun Smart

Sunburn is a reaction to an overexposure of the sun's UV rays that results in red, inflamed and damaged skin. Frequent sunburns or severe sunburns in childhood can significantly increase the risk of developing skin cancer later in life according to Health Canada. Even a suntan is due to the exposure of skin to UV sunlight.

After several years of continuous exposure to sunlight will also damage skin leading to an amplified rate of skin aging and an increased chance of certain types of skin cancer even without a sunburn.

Observing the UV Index, which measures the strength of the sun's rays, is a very important part of the weather forecast when it comes to being sun smart. A UV index with the description of low (0-2) means that you can enjoy outdoor activities with minimal protection however it is recommended you put on your sunglasses and be sure to use sunscreen if you are outside for more than an hour.

When the UV index is 3 or greater, use higher precautions such as avoiding the sun between 11 a.m. and 3 p.m. and wear sunscreen, a hat and sunglasses. For more information, visit the Government of Canada's website under <u>UV index and sun safety.</u>



The following sun smart tips help to reduce your risk of sunburn by limiting your exposure to UV light and to prevent skin cancer in the future.

- Refer to the daily UV Index and plan your outdoor activities accordingly,
- Wear sunglasses with UVA/UVB protection chronic sunlight exposure can increase the risk of cataracts,
- Look for shade during the day when the when the sun is the strongest
- Wear sunscreen labelled broad spectrum and water resistant with at least an SPF of 30 on exposed skin
- Reapply sunscreen before going into the sun and reapply often
- Watch out for extremely high temperatures; seek shade and rehydrate often



Summer Food Safety



Picnics and outdoor dining is a great way to spend time with friends and family and following summer food safety will ensure the enjoyment continues.

The risk of food poisoning due to Salmonella, E.coli or Listeria increases during the summer because harmful bacteria grow quickly in warm, moist conditions.

Here are some outdoor safe handling tips to avoid food poisoning this summer:

- Don't keep food at room temperature or greater for more than one hour on hot days,
- Use a cooler with ice packs out of direct sunlight to keep perishable foods cold,
- Marinade meets in the fridge or cooler,
- Prevent cross contamination by separating raw meat, poultry and seafood from other foods,
- Wash your hands after handling raw meat and clean utensils and cutting boards before using when chopping vegetables and other foods,
- Bacteria are killed by heat so ensure you cook meats, poultry and seafood to a safe internal temperature,
- Use a clean plate when removing meat from the grill do not use the plate used to transfer the raw meat; and,
- Do not leave leftovers out for more than an hour on hot summer days.

Visit the Government of Canada's Summer Food Safety for more information.

