**SUMMER SAFETY TIPS**

**POOL CHEMICAL SAFETY**
- Store pool chemicals in a COOL, DRY, WELL ventilated area, away from other household products and garden chemicals (heat or moisture can cause undesirable changes to chemicals)
- Only handle chemicals in a well-ventilated space
- Use recommended protective equipment such as gloves or masks when handling hazardous products
- NEVER mix chemicals - mixing can create a poisonous gas
- Keep pool chemicals and products stored in their original containers, up and out of reach from pets and children, locked in cabinets is preferred.

**FOOD SAFETY**
- Thaw food safely in the refrigerator, cold water, or microwave
- Wash your hands, utensils, and work surfaces with soap and water before and after handling raw meat
- Don't cross-contaminate! Throw out marinades once used and do not place cooked meat back on a plate that held raw meat
- Use a food thermometer to ensure meat is cooked to a safe internal temperature
  - 145°F-whole cuts of beef, pork, lamb, veal, and fish
  - 160°F-hamburgers
  - 165°F-poultry (white meat), pre-cooked meats (hotdogs)
  - 175°F-poultry (dark meat)
- Place leftovers in the freezer or fridge within 2 hours of cooking

**MEDICATION SAFETY WHILE TRAVELING**
- Keep meds in original, child resistant containers. When packing for vacation, avoid using containers such as pill organizers or zip lock bags that can be easily opened by a child.
- NEVER leave meds in a suitcase or on bedside tables, as they can be easily accessed.
- As you unpack, store all meds up high and out of reach from children. Safe storage during vacation can include hotel safes or medicine lock boxes.
- NEVER put different kinds of meds in the same container.
- Always double check to make sure caps are properly secured on medication bottles.

**SNAKES/SNAKE BITES**
Virginia is home to more than 30 species of snakes, 3 of which are venomous (copperhead, timber rattlesnake, and cottonmouth). When in areas with tall grass, forest, or rocky areas stay alert!

**Signs/Symptoms of Snake Bites**
- puncture marks at the wound
- redness, bruising or swelling around bite
- nausea, vomiting, labored breathing, or disturbed vision
- numbness or tingling around face/limbs

**What To Do:**
- stay calm and take note of the snakes color/shape/markings
- SEEK MEDICAL ASSISTANCE ASAP
- wash the bite with soap and water
- mark the leading edge of tenderness/swelling and write the time
- remove tight clothing/jewelry before swelling starts

DO NOT attempt to cut or suck out venom!