

Summer sun! Sound fun? We think so too! However, your CIPHI-SK branch also knows there are summer precautions we should take on those hot humid days when bouncing a beach ball, mindlessly meandering down the Saskatchewan River, or taking in a heart-healthy hike. Continue reading for tips on how to enjoy your summer, safely!

- Avoid exposure to the sun's harmful rays, which cause sunburn as well as both melanoma and non-melanoma skin cancers, eye cancer and lip cancer. To enjoy the sun safely, remember to **slip** into the shade, **slap** on a wide-brimmed hat and sun glasses, and **slop** on some sun block with a high sun protection factor (30 SPF or greater), especially between the hours of 11 a.m. and 3 p.m., when the sun's UV rays are at their strongest.
- Manage tick risk when outdoors by avoiding areas inhabited by ticks, such as tall grass, brush and wooded areas. When walking or hiking, keep to cleared trails. Wear protective clothing, such as long-sleeved shirts, pants, boots and hats, and apply insect repellent containing active ingredients such as DEET or Icaridin, which repel ticks. When returning from the outdoors, check your entire body for ticks, and remove any immediately if found. Found a tick? Get it identified by an expert! Visit <https://www.etic.ca/> for more information.
- Mosquito bites don't just leave behind red itchy bumps; some mosquitoes carry pathogens, such as the West Nile Virus. To prevent mosquito bites, avoid spending time outdoors between the hours of dusk and dawn, when mosquitos are most active. Reduce mosquito breeding grounds by removing stagnant water. Wear light colored protective clothing, such as long-sleeved shirts and pants. Remember to apply insect repellent containing active ingredients such as DEET or Icaridin, and reapply as needed.
- While we welcome the warm weather after our long and frigid winters, extreme heat events can occur. Extreme heat may lead to heat rash, edema, cramps, exhaustion and even death! To beat the heat, remember to stay cool and hydrated. Find a cool place in your home, under a shaded tree, or relocate to an air-conditioned place in your community such as a shopping mall, library, or designated cooling centre. Remember to check on those most vulnerable, such as seniors and individuals with pre-existing medical conditions.
- Barbecue season is delightfully delicious! Never thaw foods at room temperature, and remember to separate raw beef, poultry, and seafood from cooked and ready to eat foods. Use separate utensils and cutting boards when handling raw beef, poultry, and seafood and cooked foods and ready to eat foods. Always use a thermometer, to confirm cooked foods reach an internal temperature of 74°C (165°F).

Your CIPHI-SK branch would love to see how its members soak up the short summer Saskatchewan months, and what measures they take to do so safely. Please feel free to share your fun summer photos for the upcoming Spring/Summer edition of the Observer by emailing newsletter@ciphi-sk.ca.

