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FOR IMMEDIATE RELEASE

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Memorial Day Safety Tips

NORWALK, Ohio— While taking time to remember those who sacrificed their lives serving in the armed forces, many Huron County residents will also be kicking off Memorial Day weekend with community celebrations and cookouts. Huron County Public Health (HCPH) would like to share and encourage residents to follow the following Memorial Day Safety Tips from the American Safety Council (ASC) and Centers for Disease Control and Prevention (CDC) when celebrating this weekend.

Grilling and Fire Safety

Remember these safety tips when grilling out this Memorial Day and all summer long:

- Before using your grill, inspect the propane fuel lines and position the grill away from structures such as buildings and trees.
- Never leave a lit or hot grill unattended, keep animals and small children away from hot surfaces.
- Keep a fire extinguisher near your grill as precaution.
- More grilling safety tips from the CDC at www.cdc.gov/foodsafety/communication/bbq-iq.html.



Timothy Hollinger, MPH
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Picnic Food Safety

Even if your menu doesn't include grilled food, food safety should still be top priority! Remember:

- Wash your hands with soap and water for at least 30 seconds before handling food to avoid cross-contamination.
- Remember to "keep hot foods hot, and cold foods cold". Hot foods should be kept at 140°F until served and cold foods should remain on ice or refrigerated until served.
- Keep all outdoor dishes covered to prevent insects from getting on the food.

Summer Sun Safety

If spending time in the sun this weekend, be sure to protect yourself from the sun and heat:

- Use an appropriate SPF sunscreen;
- Drink plenty of water and stay hydrated;
- Take frequent breaks in the shade; and
- Wear protective gear such as sunglasses and hats to protect yourself from prolonged exposure to ultraviolet (UV) rays.

Travel Safety

If your Memorial Day celebrations are taking you out of town, keep the following travel tips in mind:

- Plan your route ahead of time and monitor the weather forecast to avoid driving in inclement weather conditions;
- Always wear your seatbelt when in a vehicle; and
- If you plan on drinking alcohol, do not operate a motor vehicle. For the safety of yourself and those around you, have a designated driver.

With these tips in mind, HCPH and the Health Center of Huron County would like to wish everyone a happy and safe Memorial Day! As a reminder, HCPH and the Health Center of Huron County's offices will be closed on Monday, May 30th in observance of Memorial Day and will reopen at 8:00am Tuesday, May 31st.

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