



# CHATTING ABOUT HEALTH

## SUN SAFETY

*Spending time outside is a great way to be physically active, reduce stress, and get Vitamin D.*

Skin cancer is the most common cancer in the US. Most skin cancers are caused by too much exposure to ultraviolet (UV) light.

You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

### How to protect *your skin from the sun*

Sunglasses



Shade



Clothing/Hat

Sunscreen



Learn more from CDC

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)





# GRILL SAFELY



*Food poisoning peaks in the summer months when warmer temperatures help foodborne germs flourish.*

## Follow these steps for a safe and enjoyable grilling season.



Keep meat, poultry and seafood **separate** from other food in your shopping cart and grocery bags



**Wash** hands before and after handling raw meat, poultry and seafood. Wash utensils and the grill before and after cooking.

Keep meat, poultry and seafood at **40°F** or below until ready to grill.



Use a food thermometer.  
145°- beef, pork, lamb, veal, rest 3 mins  
145°- fish  
160°- ground meats  
165°- poultry



<https://www.cdc.gov/foodsafety/pdfs/Grill-safety-infographic-508c.pdf> **Learn more from CDC**



## COVID-19 VACCINES AND BOOSTERS

CDC recommends that everyone stay up to date with COVID-19 vaccines, including a bivalent booster dose. Certain people may be eligible for a second booster.

Visit CDC to learn more about vaccine recommendations :

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/services-2>

