



Wellness Works

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Keeping meals safe when on the road

When you take a trip, the last thing you want is to get sick. So before you leave, check out these food safety tips to make sure your time off isn't spoiled by foodborne illness:

- Don't leave food out for longer than an hour when it's more than 90°F outside.
- Keep food that can spoil in coolers with ice or freezer packs.
- If you have to pack raw meat and poultry, make sure it's frozen in an ice-filled cooler and kept away from other foods.
- Fill coolers to the top with ice and keep the lid closed.
- Keep outside coolers in the shade. Cover with a light-colored blanket or other item to help reflect heat.
- Don't drink water from streams or rivers as germs in the water might make you sick. Bring along bottled water and water purifying tablets.
- Take moist throw-away hand wipes and clean your hands often.
- Throw away old canned goods from vacation homes or recreational vehicles.
- Make sure refrigerators and cooking tools are clean before using.

You don't want any bumps in the road when you are traveling. Follow food safety tips for healthy and happy travel.

Sources: United States Department of Agriculture; U.S. Department of Health & Human Services

Protect the skin you're in

Skin cancer is the most common cancer in the United States and one of the most preventable. Every year, there are 63,000 new cases of melanoma resulting in 9,000 deaths. Melanoma is the deadliest form of skin cancer.

The most common cause? Exposure to Ultraviolet (UV) radiation is the most common cause of skin cancer and is present in sunlight. A Centers for Disease Control (CDC) study shows that most Americans are not protecting themselves from the sun's harmful UV radiation.

Less than 15 percent of men and 30 percent of women use sunscreen regularly when outside for longer than one hour.

Sun protection that works:

- Use broad spectrum sunscreen with SPF 15+ to protect exposed skin.
- Stay in the shade especially during midday hours.
- Wear a hat, sunglasses and fully covering clothes to protect skin.
- Sunscreen works best when used with shade or clothes, and re-apply every two hours, especially after swimming, sweating and toweling off.

Sources: U.S. Department of Health and Human Services; Centers for Disease Control and Prevention

Don't cut corners mowing

Know the hazards before tackling the lawn

Safety should always be top of mind when working in your yard or garden. Consider these tips before mowing the lawn:

- Read the owner's guide before using your mower.
- Wear safety goggles, long pants and well-made shoes or boots. Don't wear jewelry.
- Do not take safety switches or guards off the mower.
- Never put hands or feet into the mower to take out grass or other debris. Instead, use a stick or broom handle.
- Remove spark plugs when mowers are being worked on to keep the mower from starting on its own.
- Cut the grass only when it's dry, never when wet.
- Do not drink alcohol before or during mowing.
- After putting gas in a mower or other lawn equipment, move at least 25 feet from where you put the fuel in.
- Never put gas into a hot lawnmower. Let the engine cool first.
- Before mowing, walk around the yard to check for objects that could be thrown by the mower.

Keep kids safe around riding lawnmowers

Each year about 230,000 people go to the emergency room with injuries from lawn and garden tools. And more than 74,000 of those are hurt by lawn mowers. More than 800 children a year are run over or backed over by riding lawnmowers.

To help keep your child safe outdoors, consider these tips:

- Don't let children in the yard when you're mowing.
- Don't let children operate the mower.
- Children should not ride on the mower with you, no matter how fun it may seem.
- Be very careful when backing up or going around corners, bushes or trees.
- To keep children from getting burned, don't let them near a running or recently running engine.

All outdoor power tools can be a danger to children. To help keep your kids safe, keep tools, including garden tools, out of reach. Add to that list: chemicals, household products and pesticides.

Sources: American Society for Surgery of the Hand; U.S. Consumer Product Safety Commission; Injury Update Report – Injury Prevention Service, Oklahoma State Department of Health



Rethink your drink

Smart beverage choices can help cut calories

If you've ever tried to lose weight, you probably focused solely on food. But another way to cut calories may be to think about what you drink. Calories in drinks are not hidden – they're listed on the Nutrition Facts label – yet many people don't realize how these calories can add up each day. Try these healthful substitutes the next time you're ready to grab a drink:

- Sparkling water with natural lemon flavor (not sweetened) instead of sweetened iced tea from the vending machine

- Water with a slice of lemon or lime rather than a glass of lemonade
- Bottled water or diet soda in place of a 20-ounce bottle of regular cola
- Small café latte (12 ounces) made with fat-free milk instead of a medium café latte (16 ounces) made with whole milk

Source: Centers for Disease Control and Prevention

