

## TRIPLE CHECK

that you have all the required travel documents Planning a fun summer vacation?

No matter where your summer trip takes you, keep these travel safety tips in mind.

Americans spent approximately



billion dollars on travel in 2014



Most hotels have a safe or security boxkeep your valuables inside it, not in your pockets!

Talk to your bank - let them know when and where you will be traveling to be sure your credit card isn't flagged for unusual activity.



Do not flash large amounts money when paying a bill

Americans took approximately

BILLION
leisure trips in 2014.

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If traveling overseas, be sure to do the following prior to departure:

Study the exchange rate and currency usage

Watch the local news

Check if your health insurance covers you outside of the country

Research medical options at your destination so that you are prepared in the event of an emergency.





## Stay afloat Stay afloat on water safety tips

Summer is here - and that means it's time for beach trips, pool outings and fun-in-the sun! Make water safety a priority this summer for you and your family.



While swimming in the ocean, always be on the lookout for dangerous waves and signs of rip currents.

If you get caught in a rip current, swim parallel to the shore to break free. The number one cause of drowning is a lack of swimming ability.



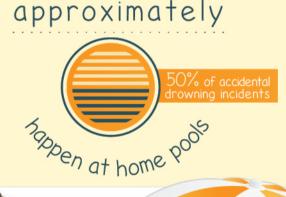
Learn how to perform CPR in the event of a water-related medical emergency

edical



drowning

Even though younger generations report greater swimming ability than adults, more water related incidents that occur involve children, not adults.







ENFORCE

POOL SAFETY RULES

No Diving

Walk Please

Swim with a Buddy



STAY IN ARM'S REACH OF CHILDREN
WHEN PLAYING IN THE POOL WITH THEMNEVER LEAVE THEM UNSUPERVISED.



SUMMER IS HERE - AND THAT MEANS COOKOUTS, PICNICS AND BACKYARD BBQS ARE RIGHT AROUND THE CORNER.

USE A FOOD THERMOMETER WHEN YOU'RE COOKING ON THE GRILL TO MAKE SURE YOUR FOOD REACHES A SAFE INTERNAL **TEMPERATURE** 





CHICKEN 165° F



SEAFOOD 145° F



WHOLE MUSCLE STEAKS 145° F

## FOOD POISONING SENDS MORE THAN

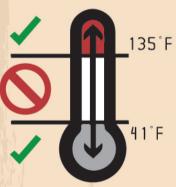


AMERICANS TO HOSPITAL EACH YEAR.

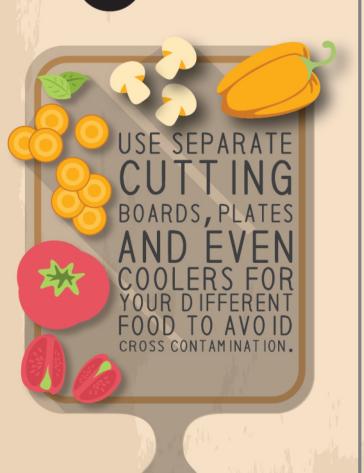
Pregnant women, senior citizens, children, AND ill individuals ARE MOST AT RISK FOR FOOD POISONING

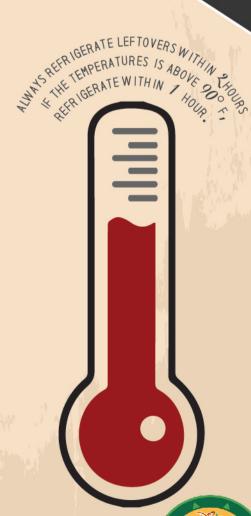


HOSTING ≜COOKOUT FOR FRIENDS? BRUSH WYOUR FOOD ALLERG KNOWLEDGE!



BACTERIA THAT CAUSES FOOD POISONING MULTIPLIES QUICKEST WHEN IT'S IN THE "Danger Zone" -BETWEEN 41 AND 135 DEGREES F

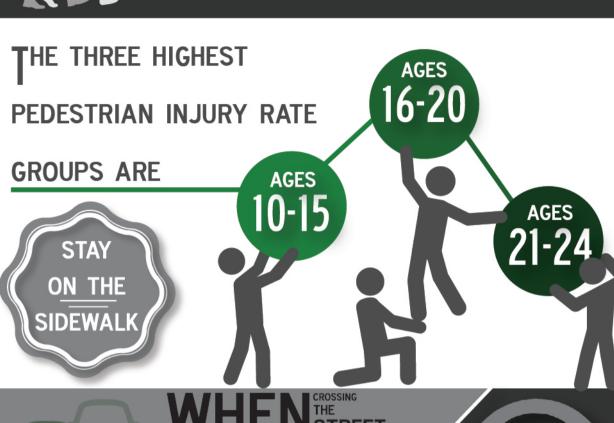








A PERSON WALKING OR TRAVELING ON FOOT

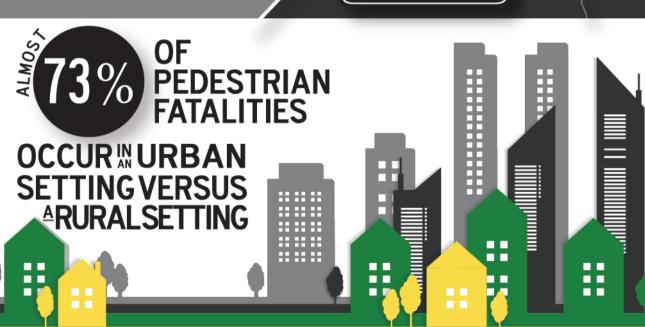




REMOVE

WHILE CROSSING





4,743

**PEDESTRIANS WERE KILLED** 

2012

**ESTIMATED** 

76,000

WERE INJURED AS A RESULT OF A TRAFFIC CRASH

IT'S THE LAW TO **ALWAYS YIELD TO PEDESTRIANS** 

**WEARING BRIGHT COLORS** WHILE WALKING OUTDOORS MAKES YOU MORE VISIBLE TO PASSING DRIVERS

