Stay healthy and safe this summer with these simple tips:

- **Stay hydrated.** Hydration doesn’t have to come from water alone. Eat fluid-rich foods like cantaloupe, cucumbers, strawberries, and watermelon.

- **Enjoy the outdoors.** Wear sunscreen, sunglasses, hats, and protective clothing. Use bug spray.

- **Avoid a cookout catastrophe.** Cook foods thoroughly. Separate meat from other foods. Keep cold foods cold and hot foods hot.