

Dear Friends,

This holiday weekend, many families will be taking advantage of Long Island's beaches, traveling to visit family, and celebrating with friends. I hope you enjoy your celebrations of our freedom and independence.

Below are a few resources to ensure that you and your family have a happy and safe holiday.

- Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals. Always have an adult supervise fireworks activities. (For more information, visit the Consumer Product Safety Commission's Fireworks Safety site <http://www.cpsc.gov/info/fireworks/index.html>)

- Always wear a properly fitting US Coast Guard-approved life jacket when boating. Adult-sized life jackets will not work for children. (For more information, visit the US Coast Guard Boating Safety site <http://www.uscgboating.org/>)

- Food cooked on the grill often browns very quickly on the outside. Use a food thermometer to ensure that meats have reached a safe internal temperature. (For more information, visit the Barbecue and Food Safety tips from the USDA

http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp)

- Put sunscreen on before you go outside, even if the weather is slightly cloudy or cool. Make sure to use a sunscreen with an SPF of at least 15. (For more information, visit the CDC's Sun Care and Skin Cancer Prevention site http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

Tips for a Happy and Safe Fourth of July

Thursday, June 30, 2011

- If you will be drinking, make sure that you have a designated driver in your group or have the number of a local taxi company. (For more information, visit the National Highway Traffic Safety Administration's Preventing Impaired Driving site <http://www.nhtsa.gov/Impaired>)

On the Fourth of July, we should always take the time to thank the brave men and women who make our freedom possible. For more information, visit my website at <http://israel.house.gov>.

Have a happy and safe Independence Day!

Sincerely,

Steve Israel

Member of Congress