

NEWS RELEASE

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Summer Safety Tips

McCook – Summer is here! This means backyard barbecues, hot, sunny days, and swimming! It is the time of year to gather with the family and have some fun in the sun. Spending time together with friends and family is important and safety of your loved ones is just as important. Below are some common summer safety hazards followed by tips to prevent those hazards,” states Jamey Keen, Public Health Nurse. Additional resources can be found at the Center for Disease Control’s website at: <http://www.cdc.gov/healthywater/swimming/resources/fact-sheets/#operators>

Summer Picnics – I like those hotdogs on the grill. I do not like getting sick.

Salmonella is a bacterial disease that can cause sudden onset of headache, abdominal pain, diarrhea, nausea and sometimes vomiting. Dehydration is especially common in infants and the elderly and may be severe. Ingestion of the germs that cause salmonella from food derived from infected animals, contaminated feces or poop of an infected animal or person.

Common food sources include contaminated raw and undercooked eggs/egg products, raw milk/milk products, contaminated water, meat/meat products, poultry/poultry products, and contaminated produce such as lettuce. Contact with infected animals may also lead to infection. Salmonella can also be spread by person-to-person or by the fecal to oral route such as going to the bathroom and not washing your hands properly and then putting them into your mouth.

Temperature abuse of foods during preparation, or cross-contamination during food handling are the most important risk factors.

Centers for Disease Control recommendations include:

Shopping

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.

- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years — if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Preparation

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.
- Marinate meat and poultry in a covered dish in the refrigerator.

Thawing

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

Cooking

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

Ground meats: Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.

Poultry: Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.

- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

Leftovers

- Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within 4 days.
- Reheat leftovers to 165 °F.

Water Safety

The swallowing of, or having contact with, contaminated recreational water such as in hot tubs, pools, rivers, lakes, or streams can spread illnesses caused by germs such as Crypto (Cryptosporidium), E coli O157:H7, and Shigella. Generally, the local public pool is carefully maintained to keep the right level of chemicals to prevent the contamination of the pool water where home pools or natural sources of water may not be as closely, or correctly, maintained, monitored and regulated for proper chemical balances.

Recommendations from the Center for Disease Control:

Six "Steps" for Protection Against Recreational Water Illnesses (RWIs)
PLEASE don't swim when you have diarrhea...this is especially important for kids in diapers.
PLEASE don't swallow the pool water.
PLEASE practice good hygiene.
PLEASE take your kids on bathroom breaks often.
PLEASE change diapers in a bathroom and not at poolside.
PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming.

Have you had a child that went swimming and then complained of ear pain?

Swimmer's ear (also known as otitis externa) is an infection of the outer ear canal. Symptoms of swimmer's ear usually appear within a few days of swimming and include:

- Itchiness inside the ear.
- Redness and swelling of the ear.
- Pain when the infected ear is tugged or when pressure is placed on the ear.
- Pus draining from the infected ear.

Although all age groups are affected by swimmer's ear, it is more common in children and can be extremely painful.

Swimmer's ear can occur when water stays in the ear canal for long periods of time, providing the perfect environment for germs to grow and infect the skin. Germs found in pools and at other recreational water venues are one of the most common causes of swimmer's ear.

Swimmer's ear cannot be spread from one person to another.

If you think you have swimmer's ear, consult your health care provider. Swimmer's ear can be treated with antibiotic ear drops.

Being Safe in the Heat

As the summer days are warming, think about heat stress.

The CDC recommends to:

- Wear light-colored, loose-fitting, breathable clothing such as cotton. Avoid non-breathing synthetic clothing.
- Schedule activities during the coolest parts of day (before 10 a.m. or after 4 p.m).
- Take frequent breaks in extreme heat and humidity.
- Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty.
- Avoid drinks with caffeine, alcohol, and large amounts of sugar.
- Monitor your physical condition for signs or symptoms of heat exhaustion or stroke.

Signs of heat exhaustion: heavy sweating, extreme weakness or fatigue, dizziness, confusion, nausea, clammy, moist skin, pale or flushed complexion, muscle cramps, slightly elevated body temperature, fast and shallow breathing.

Signs of heat stroke: hot, dry skin or profuse sweating, hallucinations, chills, throbbing headache, high body temperature, confusion/dizziness, slurred speech.

Sun Safety

The Dangers of UV Exposure

- You can sunburn even on a cloudy day.
- Keep in mind the sun is strongest between 10 am and 4 pm.
- On average, children get 3 times more exposure than adults.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays.

Sun Safety Alliance Guidelines:

- Wear clothing that's dark and tightly woven.

- Wear a wide-brimmed hat and sunglasses.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often. Parents should apply the sunscreen to their children rather than the child applying it.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- Try to stay in the shade whenever possible!