

# PLANO HEALTH QUARTERLY ONLINE NEWSLETTER

Summer 2008 Volume 1, No. 2

## It's Summertime. . .

That time of year when days are longer and hotter, school is out, vacations are being planned and idle time is in great abundance. The summer issue of the online newsletter will provide helpful safety tips for most of our summertime activities, from gardening and celebrations to extreme heat and Mother Nature. Let's stay healthy and happy this summer season.

Please contact us with questions or requests for topics you would like to see posted in the quarterly newsletters.

Summer officially begins June 20<sup>th</sup>.



## Preventing Mosquito Bites. . .



With warmer temperatures, higher humidity and stagnant water, mosquito activity increases and so does our chance of a mosquito bite. Let's attempt to prevent these biting encounters by doing the following:

- ▶ Remove standing water to eliminate breeding sites.
- ▶ Consider staying indoors at dawn and dusk.
- ▶ Apply insect repellent to exposed skin (containing DEET).
- ▶ Wear long sleeves and long pants when outdoors.
- ▶ Repair window/door screens to prevent entry to the home.

Common breeding sites due to standing water are:

- ▶ bird baths
- ▶ your pet's water and food dish
- ▶ old tires/toys
- ▶ clogged gutters
- ▶ empty containers collecting rain water such as flower pots and buckets.

Make a commitment to remain healthy and bite free this mosquito season.

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<http://pdf.plano.gov/health/pool/pool.html>

### Helpful web links

[www.fda.gov](http://www.fda.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.plano.gov](http://www.plano.gov)

[www.fsis.usda.gov](http://www.fsis.usda.gov)

## Heat Related Illness



It's important to remain hydrated and cool when performing outdoor activities, such as gardening and exercising/playing. Dehydration occurs when the body loses water faster than it should. Don't wait until you're thirsty to drink water. An adult needs at least two liters of water each day. During extreme temperatures, outdoor activities and exercising, drinking 16-32 ounces of fluids per hour will help against dehydration. Drinks consumed should be non-alcoholic, low in sugar and non-caffeinated. Below are some warning signs of common heat related illnesses:

### Heat Exhaustion

- heavy sweating
- paleness, cool and moist skin
- fast and weak pulse
- fast and shallow breathing

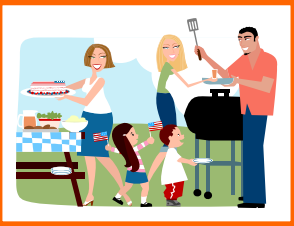
### Heat Stroke

- high body temperature (above 103 °F)
- red, hot and dry skin (no sweating)
- rapid and strong pulse
- throbbing headache

Remember to rest, take frequent cool showers/baths, seek air-conditioned environments and wear light weight clothing. Let's not forget to check on our neighbors, the elderly, the very young and persons that are ill. Use a buddy system when working in heat. Let's take care of ourselves and each other during our summertime fun.

## Fourth of July Celebrations and Picnics

It's time for picnics, grilling and celebrations. How do we ensure that these celebrations are successful? Let's follow these safety tips. Start with clean surfaces and clean hands; this includes the cook and the guests. Everyone should wash their hands before handling food. Separate raw meats and poultry from veggies and cooked foods, to prevent possible cross contamination. Use a food thermometer when grilling. Food cooked on the grill may appear done on the outside, but may not have reached a safe minimum internal temperature. Finally, keep hot foods hot and cold foods cold. It's a bad habit to leave perishable foods out for extended periods of time. Items such as potato salads, coleslaw, beans, fresh fruit salads, custards and crême pies, should be kept under temperature control. Below is a list of helpful tips.



### Cooking Temperatures

- steaks, roasts, chops=145°F
- hamburgers=160°F
- poultry=165°F
- fish=145°F
- fully cooked meats (hot dogs) =165°F

### Cold Hold Options (40°F or below)

- ice source under trays
- refrigeration
- ice packs

### Hot Hold Options (140°F or above)

- warmer trays
- chaffing dishes
- on the grill

## Mother Nature & Summer Storms

Along with summertime fun comes summer season storms, extreme weather and possible power outages. How do we prepare and protect ourselves when Mother Nature is calling the shots? Being prepared means ensuring that emergency supplies are always on hand, don't wait until the storm is in the backyard. Supplies include bottled water, shelf stable food, boxed/canned milk, canned goods, ready to use baby formula, pet food, flash lights, radios and batteries. In the case of power loss, here are some general guidelines for food protection.

- ▶ keep refrigerator and freezer doors closed as much as possible.
- ▶ power loss for less than 2 hours, food is generally safe.
- ▶ ½ full freezer, food is generally safe for up to 24 hours, full freezer for 48 hours.
- ▶ power loss greater than 2 hours, use a cooler and ice to pack perishables foods (milk, dairy, meat, fish, eggs, spoilable leftovers)
- ▶ keep appliance thermometers in refrigerator/freezer to monitor temperatures.
- ▶ check food temperatures before eating or cooking
- ▶ food temperatures greater than 400F should be discarded.



**Remember: Generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, or camper - or even outside near an open window. This can cause Carbon Monoxide build up in the home and poison the people and animals inside.**