

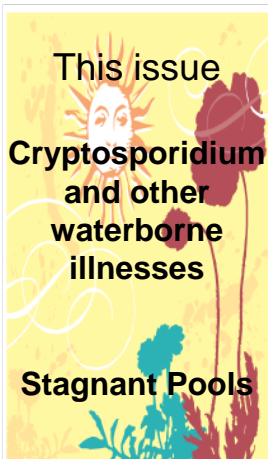
Plano Health Quarterly Online Newsletter

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The time has come for soaring temperatures, little rain, no school and awesome fun, SUMMER is here. This issue of the online newsletter will provide useful information for staying safe during the summer season including water safety, hot weather precautions and general food safety.

The first Day of Summer is June 21st. Have great fun.



Cryptosporidium and other waterborne illnesses

Hundreds of cases of cryptosporidiosis, also called "crypto," were reported in the North Dallas area during last summer's pool season. Crypto enters the pool through fecal matter and the infection is especially dangerous to the young, the elderly, and the immuno-compromised. What makes this parasite so hard to destroy is the thick outer shell of protection. This shell makes it resistant to normal levels of chlorine. One way to destroy the parasite is hyperchlorination. During hyperchlorination the levels of free chlorine are raised extremely high, usually greater than 10-20 ppm and held there for 13-25 hours, depending on the free chlorine level. The water is then backwashed and disposed of as waste. The chlorine levels needed to destroy the outer shell of protection is not safe for contact with the body which means the pool must be closed. Though "crypto" has become a common parasite name associated with recreational water illnesses, microorganisms such as Giardia, Shigella, E. coli and norovirus, also cause illness and discomfort when we come in contact with them.

Steps to follow to avoid infection:


1. Wash your hands with warm soap and water after using the restroom and also take a shower before entering the pool.
2. Do not change soiled diapers at pool side, use a restroom or diaper changing station.
3. Do not swim if you are ill or have had diarrhea within the past two weeks.
4. When swimming in lakes, rivers, or pools, and when using hot tubs, avoid swallowing water.


Stagnant Water


Along with monitoring commercial swimming pools such as apartment complexes, hotels, and recreational centers, the Health Department also investigates complaints of stagnant water. Water may become stagnant due to abandoned homes, inoperable circulation equipment or rain water collecting on property. Whatever the reason, these areas of stagnant water can become excellent sources for mosquito breeding. If you are concerned with possible stagnant water or mosquito breeding in your Plano neighborhood, please contact the Health Department.


Picnic Safety

Summertime offers many opportunities for picnics and outdoor grilling. When packing for the outing, remember a few tips to ensure food safety and help prevent bacterial growth and foodborne illness.

 **Keep cold food cold** - use coolers with ice or frozen gel packs. Cold food should be stored at 40°F or below to prevent bacterial growth.

 **Organize coolers** - use one cooler for beverages and another for perishable foods. This will prevent perishable foods from being exposed to warm temperatures when drinks are replenished.

 **Don't cross contaminate** - Raw meat, poultry and seafood should be securely wrapped to keep their juices from contaminating prepared/cooked foods or fruits and vegetables.

 **Clean your produce** - Rinse fresh fruits and vegetables under running tap water before packing them in the cooler.

Ice Cream Treats

Ice cream is a very popular treat, especially during the summertime. Selling ice cream may seem to be a good business venture for many but let's not forget the rules and regulations regarding this type of mobile food vending. Plano Health Department requires permitting of all mobile food operations, this includes ice cream trucks, push carts, hot trucks, and prepackaged catering trucks. Each operation has specific requirements that must be met before supplying food to the general public. If you are interested in starting a mobile vending business please contact the Health Department for answers to your questions or to schedule an inspection.

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School is out, Summer is here

The kids are home bored or participating in summer activities, and are they being safe about their summertime fun.

Here are a few helpful reminders to aid in their safety.

-When kids are at home

- ◆ do they know who to contact in case of an emergency (911, poison control, parents)
- ◆ do they know the family's evacuation plans (hurricane, tornado, fire)
- ◆ are they being contacted frequently to ensure all is well (visit, phone call, email, text)
- ◆ are they practicing safe habits in regards to chores (turning off stove/oven, not mixing chemicals)

-When kids are at play

- ◆ do you know where they are and who they are with
- ◆ no swimming alone
- ◆ are they staying hydrated and limiting their time in the sun/heat
- ◆ are they wearing sunscreen

Talk with your kids to verify that they know your safety rules for home and play. Have emergency numbers and evacuation plans posted in a prominent location. Enjoy your summertime fun.

Dates to remember this season

June 21- Father's Day

June 21- First day of Summer

July 4- Independence Day

August 24- First Day of School (PISD)

Helpful websites

www.cdc.gov

www.fsis.usda.gov

www.plano.gov

www.nspf.org

