

COMMUNITY HEALTH NEWSLETTER

WEST WINDSOR HEALTH DEPARTMENT

Serving: West Windsor, Hightstown and Robbinsville

The family picnic, backyard barbeque, tailgate party ... All can be opportunities for **FOODBORNE ILLNESS**. Most organisms (bacteria, virus or parasite) responsible for foodborne illnesses are odorless, colorless and tasteless, so foods that are spoiled or contaminated may not look or taste bad.

Many cases of food poisoning are mistaken for a 24 hour "stomach flu". Diarrhea, nausea and vomiting, fever and abdominal pain are the most common symptoms and can appear from hours to weeks after eating contaminated food.

If you suspect a foodborne illness, follow these general guidelines:

- ❖ Vomiting and diarrhea can quickly cause **DEHYDRATION**. Replace fluids by slowly sipping lots of clear liquids such as water, diluted fruit juice, broth, weak tea or gelatin water, or a prepared oral hydration solution like *Pedialyte*.
- ❖ **PRESERVE THE EVIDENCE**. If any of the suspected food is available, wrap it securely, freeze it and save all the packaging material. Write down the food type, where and when it was purchased, date and time consumed, and when the onset of symptoms occurred.
- ❖ **SEEK TREATMENT AS NECESSARY**. Many other-wise healthy individuals self medicate with a non-prescription anti-diarrheal, such as *Pepo Bismol*. While this is acceptable for mild cases, call your doctor if symptoms are persistent or severe (bloody diarrhea, excessive nausea or vomiting, high temperature). If the victim is in a high risk group (infant, pregnant woman, elderly, or someone with a compromised immune system) seek medical care immediately.
- ❖ **CALL THE LOCAL HEALTH DEPARTMENT** if the suspect food was served at a large gathering, was from a restaurant or other food service facility, or is a commercial product.

PREVENT FOOD POISONING:

- ❖ **KEEP YOUR KITCHEN & HANDS CLEAN**. Wash all surfaces with hot, soapy water after preparing each food item and before going on to the next food.
- ❖ **DON'T CROSS-CONTAMINATE**. Use a different cutting board for raw meat products. Never place cooked food on a plate which previously held raw meat, poultry or seafood.
- ❖ **KEEP COLD FOODS - COLD ... and HOT FOODS - HOT**. Do not allow cooked foods to stay out at room temperature for more than two hours. **WHEN IN DOUBT, THROW IT OUT ...** if you are unsure of a food's safety.
- ❖ **COOL HOT FOODS QUICKLY** by putting the pot in an ice bath or put the hot food into shallow containers, cover and refrigerate immediately.

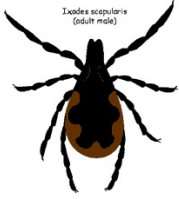
Be **SUN-SENSIBLE!**



The more sunburns you have, the greater your risk of skin cancer. Consistent use of sunscreen before age 18 can reduce the lifetime risk of certain skin cancers by nearly 80%.

- ☼ Avoid direct sun exposure from 10 AM to 4 PM when the sun is strongest.
- ☼ Use a sunscreen with a SPF of at least 30 with zinc oxide listed as an ingredient and the label says it protects you from both UVA and UVB rays, even if you tan easily or have dark skin.
- ☼ Apply sunscreen 20 minutes **before** exposure to the sun and reapply it every 4-6 hours and after swimming.
- ☼ Keep babies under 6 months old out of the sun. Use hats & t-shirts to cover skin.
- ☼ Wear UV blocking sunglasses ... don't forget the kids!

BUGS, BUGS ... BUGS!



Ticks can cause Lyme Disease, Ehrlichiosis and Rocky Mountain spotted fever. Ticks can be very small - the size of a poppy or a sesame seed.

- ❖ Avoid wooded areas with dense shrubs, tall grass and leaf litter where ticks like to hide.
- ❖ Wear light colored clothing when you go into the woods. Wear long sleeved shirts and pants instead of shorts. Tuck your pant legs into your socks for added protection.
- ❖ Use an insect repellent containing DEET or permethrin. Apply DEET sparingly to skin according to label directions. Put permethrin only on clothes - never directly on skin.
- ❖ Conduct a nightly "Tick Check" by carefully examining your skin and your children's skin (body and scalp). You aren't likely to get Lyme disease if the tick has been attached to your skin for less than 48 hours.
- ❖ If you find a tick imbedded in your skin ... **DON'T PANIC**. Using a pair of tweezers, grasp the tick body as close to your skin as possible and gently remove. Watch for a rash over the next month. If you get a rash, see your doctor. Only people who get sick and/or get a rash after being bitten by a tick need antibiotics.

WEST NILE VIRUS (WNV) is transmitted through the bite of an infected common house mosquito (*Culex Pipiens*). While this mosquito becomes infected by feeding on infected birds, humans cannot get WNV from handling live or dead infected birds.

- ❖ Avoid shaded areas where mosquitoes may be resting. Limit outdoor activities in the evening when mosquitos are most active.
- ❖ If weather permits, wear protective clothing such a long sleeved shirts and pants.

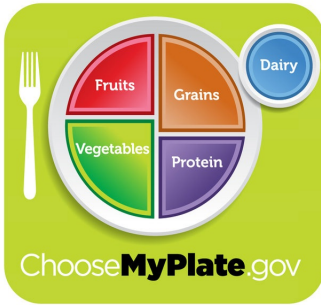
- ❖ Use an insect repellent that contains DEET according to label directions.
- ❖ Remove all sources of standing or stagnant water. Mosquitoes will breed in any standing water or puddle that lasts more than 4 days!

- ✓ Dispose of tin cans, plastic containers, ceramic pots and old, discarded tires. One tire can produce tens of thousands of mosquitos in a single season.



- ✓ Drill extra holes in the bottom of recycling containers that are left outdoors.
- ✓ Inspect and clean clogged roof gutters.
- ✓ Eliminate standing water that collects in unused wheelbarrows, wading pools, birdbaths and buckets. Cover children's sandboxes.
- ✓ Aerate water gardens and ornamental pools.
- ✓ Use all insect repellents with DEET (N,-diethyl-m-tolumide) according to manufacturer's instructions:
- ❖ Frequent application and saturation of skin does NOT increase effectiveness but does increase the risk of adverse health reactions.
- ❖ Do not apply repellents to portions of children's hands that are likely to have contact with their eyes or mouth. If you must apply repellent to the face area, spray on your hands first and then apply carefully to the neck and hair - never near the eyes.
- ❖ Do not apply DEET to damaged skin such as sunburn, cuts, psoriasis or eczema.
- ❖ If you suspect a reaction to an insect repellent, wash treated skin and then call your doctor.
- ❖ Contact the National Pesticide Information Center at 1-800-858-7378 for more information.

HEALTHY SUMMER TREATS



Take action on the 2010 Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balancing Calories

- ★ Enjoy your food, but EAT LESS.
- ★ Avoid oversized portions.

Foods to Increase

- ★ Make half your plate fruits and vegetables.
- ★ Make at least half of your grains whole grains.
- ★ Switch to fat-free or low-fat (1%) milk and yogurt.

Foods to Reduce

- ★ Compare fat & salt in foods like BBQ sauces, frozen meals, soup, bread, chips and cookies and choose the foods with lower numbers.
- ★ Drink water instead of sugary drinks.

www.ChooseMyPlate.gov

Staying hydrated in the summer heat is important. Try these refreshing (and inexpensive) **SUMMER DRINKS** ... with no added sugar or chemicals!

☼ **FLAVORED ICED COFFEE:** Make a pot of coffee (regular or decaf) - chill - add ice and non-fat milk and Splenda - serve. Add cinnamon, cocoa powder, dried orange peel to the coffee grounds for a little extra zing. It's a low calorie alternative to a Starbucks Mocha Frappuccino (278 calories) or a Dunkin' Donuts Coffee Coolatta made with milk (210 calories).

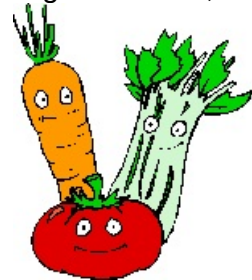
☼ **ICED TEA:** Put 6-8 tea bags in a half gallon container - fill with cold water and cover - let it steep in the refrigerator for a few hours (**you don't need to put it out in the sun**), sweeten it with sucralose (Splenda) a no calorie sweetener and serve. Combine regular black tea with a flavored tea like raspberry or lemon, use green tea, or herbal tea with juice added for a caffeine free drink that the kids will love!



FRUITS & VEGGIES

Pack your cooler with bite sized, cut up vegetables: peeled carrots, red & green pepper strips, cherry tomatoes, cucumber spears, whole green beans, broccoli or cauliflower florets, and celery sticks.

- ☼ Make low fat DIP by mixing a pint container of low-fat sour cream with a packet of dry Ranch mix.



Fill sandwich sized baggies with precut fruit for an individual sweet snack. Create a **TROPICAL TREAT** with pineapple chunks, orange slices and mango cubes ... mix watermelon, cantaloupe and honeydew balls for a **MELON DELIGHT** ... combine seedless grapes with apple and pear chunks for a **TRADITIONAL MIX**.



☼ **JUICE SPRITZER:** Mix any frozen 100% fruit juice with club soda or seltzer (flavored or plain) for a healthy alternative to sugar sweetened soda.

☼ **FRUIT SMOOTHIES:** Blend 1 cup fresh or frozen fruit + 1 cup juice + 4 ice cubes and serve. Experiment with different fruit combinations, like strawberry/blueberry or peach/nectarine. Try low fat vanilla yogurt instead of juice for a creamy alternative.

☼ **HOMEMADE JUICE POPS:** a refreshing treat that's all natural - fill an ice pop maker with juice, your favorite Fruit Smoothie - add a little chopped fruit - freeze and serve.

☼ Don't forget good old fashioned **WATER!!** Freeze water bottles the night before and use to cool on-the-go lunches until they thaw.



SAFE SUMMER EXERCISE GUIDE

Follow These Tips for Safe Summertime Outdoor Fun

☀ **RE-HYDRATE.** Your body can easily lose up to a quart of water an hour while exercising in hot weather. Drink water before, during and after exercising. Since your body can only absorb 8 ounces of cold water every 20 minutes, continue to drink fluids even after you no longer feel thirsty. While popular among intense exercisers, sports drinks are not necessary and are actually absorbed more slowly than plain water.

☀ **WEAR LOOSE FITTING CLOTHING** to allow circulation of air between your skin and the environment. Light colored clothing will reflect sunlight - darker clothing will absorb the heat. Cotton and linen are natural fabrics, and will absorb sweat. Synthetic fabrics that have a mesh-like weave allow moisture to be whisked away from your skin.



☀ **AVOID THE “PEAK” HOURS.** Exercise in the morning or evening to avoid the most intense heat as well as the time when ozone levels are highest. Very humid weather hampers perspiration’s ability to cool your body: consider exercising indoors at the local YMCA, health club or shopping mall.

☀ **Wear reflective clothing or tape after dark and a head lamp.** Drivers need to see bikers and walkers at a distance of 550 feet to safely stop at night. White clothing is only visible up to 220 feet.



☀ **WALK!** Invest in a good pair of walking shoes with flexible soles, and good heel and arch support ... it’s the only “equipment” you will need. When fitness (fast paced) walking, reduce your pace for the last 5 minutes and gently stretch for another 5 minutes to prevent soreness. Try using a pedometer to measure the number of steps you take each day - aim for 8,000 to 10,000 a day.

☀ **COOL OFF IN THE WATER.** Swimming is an excellent way to exercise when the weather gets hot. While the buoyancy of the water helps support your body weight (making it easier on your joints), it also adds natural resistance that helps tone and strengthen muscles. You don’t need to be a swimmer to benefit from water exercise: doing a doggie paddle at the shallow end of the pool or at the beach still counts!



☀ **WATCH OUT FOR HEAT STROKE** when the body can’t rid itself of excess heat. Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconscious-ness. Move the person to a cool area, or immerse in/pour cool water over the person to lower body temperature as quickly as possible. *Heat stroke can be fatal: seek medical attention immediately.*

☀ **ALWAYS supervise children around water:** Most of the children under age five who accidentally drown in a residential pool were last seen in the house within five minutes of the accident. Secure pools with a locked gate.



☀ **ALWAYS use helmets to prevent brain injuries.** Make sure everyone uses a helmet when using a bike, scooter, skateboard or roller-blades. **Wearing a helmet reduces the risk of head injury by 85% and the risk of brain injury by almost 90%.**

There are 1440 minutes in every day... schedule 30 of them for physical activity!