

## REPORT TO THE BOARDS OF HEALTH

Jennifer Morse, MD, MPH, FAAFP, Medical Director

*Mid-Michigan District Health Department, Wednesday, July 24, 2019*

*District Health Department #10, Friday, July 26, 2019*



### **Tips for Safe and Healthy Summertime Work and Play**

The Centers for Disease Control and Prevention (CDC) recently published eight tips for safe and healthy summertime work and play, as well as providing useful resources to help follow these tips. (See [Links](#) at the end of this report for the CDC website page address, and all other pages referenced here.) Below is information from the CDC report, their resources, and a few additional tips and resources.

1. **Travel Abroad Safely.** Before traveling abroad, check for health and safety risks at your destination. CDC's Travelers' Health page (see [Links](#) section below) allows you to easily search for health information and recommended vaccinations, preventative medications, packing lists, and tips to stay healthy during travel based on your destination. Since some recommended vaccinations need time to work or more than one dose, it is best to see what is recommended as soon as you start making travel plans.

Consider registering with the U.S. Bureau of Consular Affairs, Smart Traveler Enrollment Program (STEP) before your trip (see [Links](#) below.) STEP is a free service that allows U.S. citizens traveling abroad to receive the latest security updates from the nearest U.S. embassy or consulate. It enables the U.S. embassy or consulate to contact you if an emergency occurs while you are traveling.

2. **Swimming Safety.** Swimming and other water activities are good ways to get physical activity. However, they do come with risks. Outbreaks of recreational water illness have increased in recent years. These include things such as: swimmer's ear (otitis externa); diarrheal illnesses that can be caused by germs such as *Crypto* (short for *Cryptosporidium*), *Giardia*, *Shigella*, norovirus, and *E. coli* O157:H7; 'hot tub rash' (*Pseudomonas dermatitis* / folliculitis), and; Legionnaires' disease.



Chlorine in pools can combine with what comes out of or washes off of swimmers' bodies (such as, pee, poop, sweat, dirt, skin cells, and personal care products, such as deodorant and makeup), changing into chloramines. It also decreases the amount of chlorine available in the water to kill germs. If you smell "chlorine" at the place you swim, you are probably smelling chloramines. Chloramines cause nasal irritation, coughing, wheezing, red and itchy eyes, and skin irritation and rashes.

Drowning results in approximately 4,000 deaths each year, is a leading cause of injury death among children ages 1–4 years, and more than half of fatal drownings in this age group occur in a pool. Nonfatal drowning (drownings that don't cause death but may cause serious injuries like brain damage) results in approximately 5,800 emergency department visits each year; more than half of these are children ages 1–4 years, and approximately two thirds of nonfatal drownings in this age group occur in a pool. For more

information, look in the Links section below for the CDC's healthy swimming information for public and professionals and related health promotion materials.

3. **Young Worker Safety and Health.** Young workers (ages 15–24) have higher rates of job-related injury compared to adult workers. To help keep young workers safe at their summer jobs, CDC's National Institute for Occupational Safety and Health (NIOSH) is participating in the social media campaign, "My Safe Summer Job" (see [Links](#) below, to provide workplace safety and health information and resources to employers of youth, young workers, parents, and educators. The campaign is raising awareness about job-related hazards and how to address them, workers' rights and responsibilities, voicing safety concerns on the job, and injury prevention. More information is also available at the NIOSH page on youth topics and their blog site (both in [Links](#) below.)

4. **Beat the Heat and Rays.** Heat kills more than 600 people in the United States each year. The best ways to protect yourself from heat include staying cool, well hydrated, and informed. Find air-conditioning during hot hours and wear cool clothing, drink plenty of liquids, and pay attention to heat advisories. The CDC Extreme Heat website page provides links to information to help do all of these things.

Sunburn and sun damage are a common in the summertime. Unprotected skin can be burned by the sun's UV rays in as little as 15 minutes. Eyes can also be damaged by UV light. CDC recommends staying out of the sun between 10 a.m. and 4 p.m., when UV rays are at the highest level. Sunscreen is recommended for anyone working and playing outside in the summer, even on cloudy days, along with hats, sunglasses, and long-sleeved shirt and pants when possible. The CDC has a website page on sun safety (see [Links](#) below.).

5. **Children's Health and Safety.** Riding a bike, skateboarding, and playground time are great summer fun and good for a child's development. Be sure children use helmets that fit properly while riding their bikes, skateboarding, or playing contact sports. See the CDC's Helmet Safety page for information. The CDC website also has a page on playground safety tips (see [Links](#) below.)

Summer road trips are also a fun family time. Unfortunately, motor vehicle injuries are the leading cause of death among children in the United States. Parents should make sure children stay safe while traveling in cars by keeping them properly buckled in a car seat, booster seat, or seat belt — whichever is appropriate for their weight, height, and age — on every trip. Doing this reduces serious and fatal injuries by up to 80 percent. Children under age 13 are safest in the back seat. Visit the CDC website page on motor vehicle safety and child passenger safety (link below.)

6. **Up to Date Vaccines.** The summer is a great time to make appointments for your children to get recommended vaccines or to catch up on vaccines they might have missed when they were

**CLIMATE CHANGE & EXTREME HEAT**

Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!

**WHO'S AT RISK?**

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

**WHAT CAN YOU DO?**

**STAY COOL**

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

**STAY HYDRATED**

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

**STAY INFORMED**

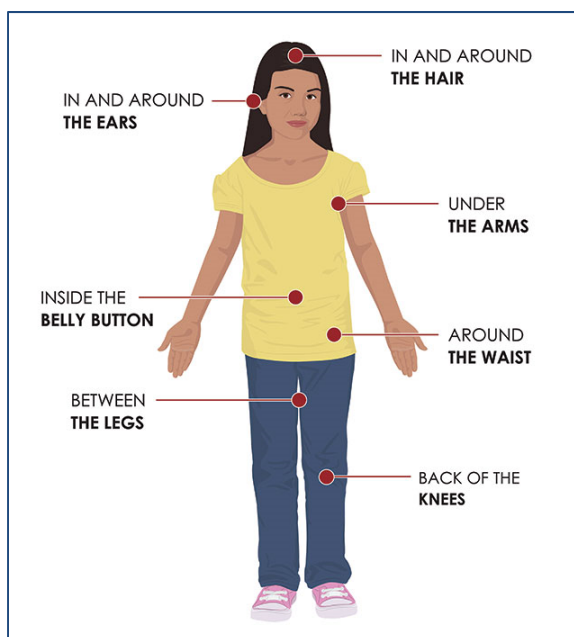
- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

**LEARN MORE!**

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at [www.cdc.gov/ephracking](http://www.cdc.gov/ephracking)

younger. CDC's recommended immunization schedule is safe and effective at protecting your child from diseases like measles, chickenpox, and rubella. Visit the CDC website pages on vaccines (links below) to read more about the diseases vaccines prevent. Kids 11 to 12 years old, teens, and adults need vaccines, too. People that are traveling or have certain health problems may need different vaccines or vaccines on a different schedule. To get information on what vaccine your or your children may need, go to the [Links](#) section below for more CDC website pages. Also, also in [Links](#) is a the "Vaccine Finder" website for finding vaccine providers in your area.

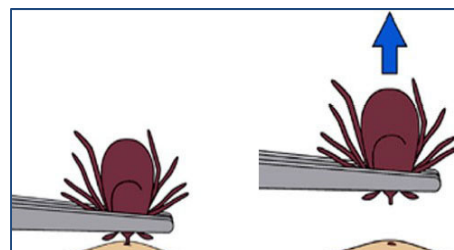
7. **Insect Protection:** Many diseases can be spread by mosquito and tick bites, both in the United States and around the world. Use an Environmental Protection Agency (EPA)-registered insect repellent with an effective agent such as DEET that works against both ticks and mosquitos. Use only as directed. Find effective products at the EPA website page: "Find the Repellent that is Right for You." You can also treat your shoes, clothing, and camping gear with permethrin to repel both mosquitoes and ticks and lasts through several washings. Instructions



on treating clothing can be found at the website, "Tick Encounter." Learn more about preventing mosquito bites and avoiding tick bites from the CDC website (links below.)

After you come indoors, check for ticks. Use a hand-held or full-length mirror to view all parts of your body, especially the areas illustrated. Shower soon after being outdoors as it may help wash off unattached ticks and it is a good opportunity to do a tick check.

If you find a tick attached to your skin, remove it as soon as possible. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth



easily with clean tweezers, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water. Never crush a tick with your fingers.

Examine your gear, pets, and clothing for ticks. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

8. **Food Safety:** Each year, 1 in 6 Americans get sick from eating contaminated food. Food poisonings, more specifically, foodborne illnesses, increase during the summer as warmer temperatures help germs multiply faster and preparing food outside is difficult to do safely. Numerous summer vacation food safety guidelines and recommendations can be found at the [Foodsafety.gov](http://foodsafety.gov) website. The flyer attached to this report, "Have a Food Safe Summer," was downloaded from the site.

## **Healthy Living Recommendations**

1. Summertime brings access to healthy outdoor activities, however be aware it brings unique risks such as heat illness, insect borne illness, water borne illness, summer activity related injuries, increased foodborne illness, and exposure to different illnesses due to travel.
2. Turn to reliable and reputable sources for advice and information to help you and your family enjoy summer while staying safe and healthy.

## **Links**

CDC: Eight Tips for Safe and Healthy Summertime Work and Play.

<https://www.cdc.gov/media/releases/2019/p0517-eight-tips-healthy-summer.html>

1. Travel
  - a. CDC: Travelers' Health - <https://wwwnc.cdc.gov/travel/>
  - b. Smart Traveler Enrollment Program (STEP) - <https://travel.state.gov/content/travel/en/international-travel/before-you-go/step.html>
2. Swimming Safety
  - a. CDC: Healthy Swimming Information - <https://www.cdc.gov/healthywater/swimming/index.html>
  - b. CDC: Health Promotion Materials - <https://www.cdc.gov/healthywater/swimming/materials/index.html>
3. Young Worker Safety and Health
  - a. CDC: National Institute for Occupational Safety and Health - [#MySafeSummerJob](https://mysafesummerjob.org/) or <https://mysafesummerjob.org/>
  - b. More information - <https://www.cdc.gov/niosh/topics/youth/> and <https://blogs.cdc.gov/niosh-science-blog/2019/04/22/safe-summer-job/>
4. Beat the Heat
  - a. CDC: Extreme Heat - <https://www.cdc.gov/disasters/extremeheat/index.html>
  - b. CDC: Sun Safety - [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
5. Children's Health and Safety
  - a. CDC: Helmet Safety - <https://www.cdc.gov/headsup/helmets/>
  - b. CDC: Playground Safety - <https://www.cdc.gov/headsup/parents/>
  - c. CDC: Motor Vehicle Safety - [https://www.cdc.gov/motorvehiclesafety/child\\_passenger\\_safety/](https://www.cdc.gov/motorvehiclesafety/child_passenger_safety/)
6. Up to Date Vaccines
  - a. CDC: Recommended Immunization Schedule - <https://www.cdc.gov/vaccines/parents/diseases/child/14-diseases.html>
  - b. CDC: Parents or Children Vaccines
    - i. Vaccines by Age: <https://www.cdc.gov/vaccines/parents/by-age/index.html>
    - ii. Childhood Vaccine Assessment Tool: <https://www2a.cdc.gov/vaccines/childquiz/>
    - iii. Vaccine Information for Adults: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>
    - iv. The Adult Vaccine Assessment Tool: <https://www2.cdc.gov/nip/adultimmsched/>
  - c. HealthMap Vaccine Finder: <https://vaccinefinder.org/>
7. Insect Protection
  - a. EPA: Insect Repellents - <https://www.epa.gov/insect-repellents/find-repellent-right-you>
  - b. Tick Prevention: clothing treatment - [https://tickencounter.org/prevention/spray\\_method](https://tickencounter.org/prevention/spray_method)
  - c. CDC: Preventing Mosquito Bites - <https://www.cdc.gov/features/stopmosquitoes/>
  - d. CDC: Preventing Tick Bites - [https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)
8. Food Safety
  - a. Summer Food Safety - <https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#summer>



# HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**

Approximate number of Americans stricken with food poisoning each year



**128,000**

Estimated annual hospitalizations from foodborne illnesses



## Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



## Basic Tips

### CLEAN



**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

### SEPARATE



#### SEPARATE PLATES AND UTENSILS.

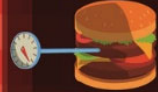
When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

### COOK



USE A FOOD THERMOMETER.

**Burgers: 160°F**



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

### CHILL



**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F**  
with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.



Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.



### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL  
SOURCE  
CDC



For more summer food safety tips, go to

**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER