

# FITTING ALL THE PIECES

Central Michigan District Health  
Department  
HIV/AIDS Case Management Program

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## HOT, HOT, HOT...

Now that summer has arrived, everyone is planning summer vacations, family reunions, picnics, camping trips, and Fourth of July parties. Summertime fun, however, also brings fires and injuries due to fireworks, outdoor grills, and campfires. Annually more than 8,000 Americans are injured by fireworks and grill fires. More than half of these injuries occur during the first week of July.

The United States Fire Administration (USFA) National Fire Data Center estimates that outside cooking grills cause more than 6,000 fires, over 5 fatalities, more than 170 injuries, and \$35 million in property loss yearly. Gas grills alone cause over 2,700 fires, 80 injuries, and \$11 million dollars damage. Most of the gas grill fires and explosions were caused by gas leaks, blocked tubes and overfilled propane tanks.

In addition to outdoor cooking, improper use of fireworks cause more than 6,000 fires and more than \$8 million in damage. Families also enjoy camping in the summer. Please remember that it is important to follow the park's rules for the use and extinguishing of campfires. Knowing a few fire safety tips and following instructions will help everyone to have a safe and happy summer.

### Fireworks Safety

- The best way to enjoy fireworks is to visit a public fireworks display put on by professionals who know how to safely handle fireworks.
- If you plan to use fireworks, make sure they are legal in your area.
- Never light fireworks indoors or near grass.
- Always read directions and warning labels on fireworks. If a device is not marked with contents, direction and a warning label, do not light it.
- Do not wear loose fitting clothing while using fireworks.



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## Clinic Dates

August 1, 2008  
9:00am—4:00pm

August 22, 2008  
9:00 am—4:00pm

September 19, 2008  
9:00am—4:00pm

Clinic is located on the 2nd floor of the courthouse in Harrison. Look for the Family Planning clinic sign

Enjoy the summer weather! Remember to use sunscreen and/or stay in the shade and drink lots of water.

## Catrina's Corner



Summer's really in full swing so with that in mind our next support group will be an "Independence Day" Picnic at the Harrison City Park. This will be open to anyone who is infected, affected, or supportive of those who are infected or affected by HIV. Feel free to bring any friends and family members who have been supportive of you throughout this journey. I've attached a flyer for your convenience not only as a reminder for yourself but also to share with those you know.

Our second clinic is under our belt and we're really smoothing out all the bumps now. Due to a conflict with Dr. Gulick's schedule, July's clinic will be moved to August 1st. We're also hooked into LabCorp's e-lab system so there shouldn't be anymore long waits for your test results.

Along with the blue skies, warm sunshine, and tons of fun of summer, come a few health hazards. This newsletter is full of great summer safety articles. I hope you take the time to look them over and put them to use.

I'll see you all soon at the picnic...



## Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

# FUN IN THE SUN NEED NOT CAUSE “EXHAUSTION”

With summer in full swing, people will be outside enjoying the blue skies and sunshine. However, too much heat on those summer days can be dangerous for our bodies. The number of people, who have died from excessive heat in the United States between 1979 and 1999, is more than all the people who have perished in hurricanes, lightening, tornadoes, floods, and earthquakes combined. In fact, the CDC estimates that an average of 350 people dies each year, from heat exposure.

Normally our body’s built in cooling system, sweating, helps keep us cool. Sometimes our ability to cool ourselves gets overloaded. When this happens, we can develop heat exhaustion. Severe cases of overheating can cause heat stroke. Anyone can suffer from overheating. Those that are most susceptible are: the very young, the very old, and people that suffer from heart disease.

**HEAT EXHAUSTION**, a mild form of heat-related illness, can develop over several days of high temperatures and dehydration. Warning signs of heat exhaustion include:

- Heavy sweating
- Tiredness
- Weakness
- Paleness
- Dizziness
- Headache
- Muscle cramps
- Nausea or vomiting
- Fainting

If you, or someone you know, are suffering from **heat exhaustion** you should take the following steps:

- Drink cool, nonalcoholic beverages
- Take a cool shower or bath
- Rest
- Seek medical attention if symptoms worsen or last longer than an hour

**HEAT STROKE** is the most serious form of heat-related illness and occurs when our body becomes unable to control its temperature. In turn, our body temperature begins to increase rapidly and may rise to 106°F or more within minutes resulting in death or permanent disability if not treated. Warning signs of heat stroke include:

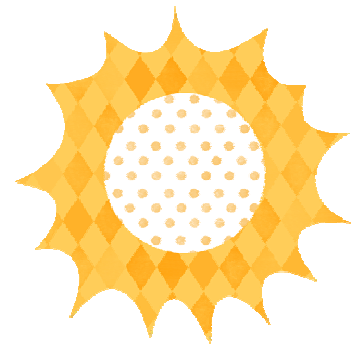
- High body temperature
- Throbbing headache
- Dizziness
- Red, hot, dry skin
- Nausea
- Confusion
- Rapid strong pulse
- Unconsciousness

If you, or someone you know, is suffering from **heat stroke** take the following steps:

- CALL FOR MEDICAL ASSISTANCE IMMEDIATELY (911)
- Cool the victim in any way possible
- Get the victim to a shady location
- Continue to monitor the victim’s temperature

While these heat-related illnesses can be extremely frightening, they are entirely preventable. Just remember the following tips while enjoying the warm weather:

- Drink plenty of cool fluids and don’t wait until you feel thirsty
- Avoid fluids that contain caffeine, alcohol, or large amounts of sugar
- Stay in shady or air conditioned areas
- Take cool showers or baths
- Wear light-weight, light-colored, loose-fitting clothing
- Limit outdoor activities to morning and evening
- Limit exercise
- Rest often



For more information about this and other health topics, visit the Center for Disease Control website at [www.cdc.gov](http://www.cdc.gov).

## TO BURN OR NOT TO BURN...



- Seek the shade, especially between 10 A.M. and 4 P.M.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Use a sunscreen with an **SPF** of 15 or higher every day.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside.
- Reapply sunscreen every two hours.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses



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- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate. Put it out with water and dispose of it.
- Supervise children around fireworks at all times.

### Barbecue Safety

- Before using a grill, check the connection between the propane tank and the fuel line. Make sure the vent tubes (where the air and gas mix) are not blocked.
- Do not overfill propane tanks.
- Be careful when using lighter fluid.

Do not add fluid to an already lit fire because the flames can flashback up into the container and explode.

- Supervise children around outdoor grills. Keep all lighters and matches away from children.
- Never grill/barbecue in enclosed areas – carbon monoxide could be produced.
- Make sure everyone knows to “Stop, Drop and Roll” in case a piece of clothing does catch fire. Call 911 if a burn warrants serious medical attention.
- Dispose of hot coals properly – douse the coals with plenty of water, and stir

them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.

### Campfire Safety

- Build campfires where they will not spread and away from dry grass and leaves.
- Keep campfires small, and don't let them get out of hand.
- Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse again with water
- Never leave campfires unattended.

## WHO INVITED SALMONELLA?

The warm weather is here and summer is in full swing. There is no better way to enjoy the beautiful season than a picnic. Everyone across the state will be firing up the grill, filling up the coolers, and putting out the dishes of goodies. Unfortunately, without proper knowledge and precautions, this fun summer event can turn sour.

About 76 million cases of food borne illness occur each year in the United States. However, by following four basic food safety tips, your summer will be problem free.

**Clean-** Always wash hands, countertops, grills, and utensils that will be used to prepare food. Make sure to use hot, soapy water and do this before and after preparation. Remember not to use a plate or serving dish that previously held raw meats to hold cooked meats unless it has been thoroughly washed in hot, soapy water.

**Separate-** To prevent the spread of bacteria from one food to another be sure raw meat and anything it has touched

does not come into contact with any ready-to-eat foods. Sauce that was used to marinate raw meat should never be used on the now cooked meat, as it will reintroduce bacteria. Prevent cross-contamination of foods by using separate cutting boards and utensils. Use one for raw meats and another for fruits and vegetables.

**Cook-** It is crucial that food is cooked long enough. When grilling with charcoal, preheat coals for 20-30 minutes to ensure proper temperature. A meat thermometer should always be used to determine a food's doneness.

**Chill-** This is one of the most important aspects in preventing food borne illness, especially during the warm summer months. Because cold temperatures keep bacteria from growing, be sure to refrigerate foods. This also applies to thawing or marinating meats! Never leave food out for more than two hours. Also, remember to replace empty food dishes with new rather than adding fresh food to

previously used dishes. Bacteria will grow in the used dishes the fresh outdoors, keep food cooler A full maintain tures one that is full, so bring



By following these food safety tips and remembering to clean, separate, cook, and chill foods, picnics and other summertime events will be safe and bacteria free.

## Support Group

July 21, 2008	Independence Day Picnic
August 18, 2008	DNR Order and Durable Medical Power of Attorney
September 15, 2008	Grief/Loss
October 20, 2008	Grief/Loss...continued
November 17, 2008	To Be Announced

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 21 for location and directions

## Websites

- [www.usfa.fema.gov](http://www.usfa.fema.gov)
- [www.cmdhd.org](http://www.cmdhd.org)
- <http://www.fightbac.org/>
- <http://www.michigan.gov/dnr>
- <http://www.epa.gov/sunwise/actionsteps>

## Contact Information

### Physician Referral Services

- St. Mary's of Michigan Standish Hospital  
800-786-2797
- MidMichigan Medical Center-Clare, Gladwin, and Midland  
800-999-3199
- Central Michigan Community Hospital  
989-772-6773
- Spectrum Health-Reed City Campus  
616-391-5999
- Mercy Hospital-Grayling  
800-533-5520

