

FITTING ALL THE PIECES

Central Michigan District Health Department
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. [...continued on page 3](#)
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.

Supervise children around fireworks at all times.

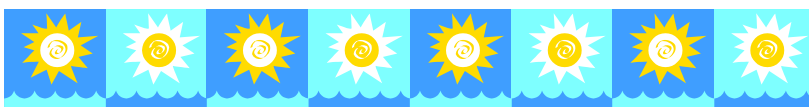


Catrina's Corner

Summer's really in full swing so with that in mind our next support group will be an "Independence Day" picnic. This is 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. Just be sure to RSVP no later than July 23rd so we know how much food to have ready.

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...



Clinic Dates

July 10, 2009
9:00am - 4:00pm

July 31, 2009
9:00 am - 4:00pm

August 27, 2009
9:00am - 4:00pm

September 25, 2009
9:00am - 4:00pm



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

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:

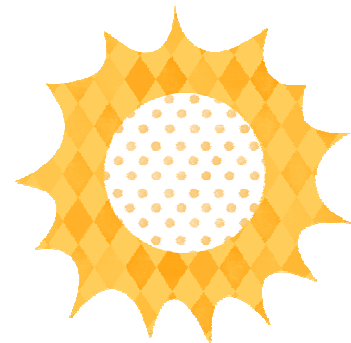
- High body temperature
- Throbbing headache
- Dizziness
- Red, hot, dry skin
- Nausea
- Confusion
- Rapid strong pulse
- Unconsciousness

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.



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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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.

Summertime should be a time for fun and making happy memories. Please remember to think safety first when lighting fireworks, barbecuing or having a bonfire. Following instructions and knowing a few fire safety tips will help everyone to have a safe summer.

KATI'S TIPS - Welcoming Your Grilling Season the Healthy Way

Along with the beginning of summer, comes grilling season. Grilling is a great way to entertain and prepare meals for friends and family. It is also a cooking method that can be used to provide healthful, safe, and flavorful foods; however, this can only be accomplished when appropriate cooking recommendations are followed. As the temperatures begin to rise, so does your risk of foodborne illness. Therefore, it is incredibly important that you follow safe cooking guidelines. Some of these guidelines are listed below. Besides using your grill to make safe-to-eat foods, you probably also want to use it to make meals that are tasty for both yourself and your guests. To do this you do not need to add fat or salt. Instead, follow the flavoring tips below to add a little pizzazz the healthy way to your grilled fare. By incorporating these tips into your grilling routine, you will be able to make healthier and safer meals that you and your loved ones will enjoy. One meal you can try right away is this month's recipe entitled "Blue Moon Burgers". This is one of my personal favorites and pairs

well with a nice side salad. Enjoy your grilling season to the fullest extent this year and feel good about it!

Food Safety Tips

Before grilling, make sure your grill is clean! Scrub it with hot, soapy water before each use.

Marinate meat in the refrigerator and boil leftover sauces prior to reusing them on cooked meats.

Use a meat thermometer! This will ensure that your grilled items have been cooked to the appropriate temperature. For steak the internal temperature should be at least 145°F, for burgers 160°F, and for chicken 170°F.

Put all perishable items back in the refrigerator within 2 hours of use. If it is 90°F outside or hotter, put them away after about an hour. And remember, your fridge should be set to 40°F to properly keep foods cold.

Practice good hand washing techniques. Wash your hands before, during, and after grilling.

Flavoring Tips

Marinate meat and veggies with an oil-and-vinegar dressing. Use a zip-top plastic bag for easy clean-up.

Brush on light, oil-based sauces earlier in grilling and brush on baste sauces containing sugars (fruit puree, honey, preserves) toward the end of the cooking.

Smoke your meat and veggies by brushing on a little liquid smoke. This will add a more outdoor taste to your food and yes, it's safe to eat your foods this way!

Season your coals. Toward the end of grilling, sprinkle herbs, fruit peels, or garlic cloves on top of your coals. This adds a light, delicate flavor that you are sure to enjoy!

Support Group

- July 27, 2009** Independence Day Picnic
* date, time, and location change
- August 17, 2009** Cooking with Kati
* location change
- September 21, 2009** To Be Announced
- October 19, 2008** To Be Announced

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

- www.usfa.fema.gov
- www.cmdhd.org
- <http://www.michigan.gov/dnr>
- <http://www.epa.gov/sunwise/actionsteps>



Questions? Comments?

Contact:

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