

Lakeshore Health Notes

Manitowoc County Health Department

July/August 2017

Stay Safe and Healthy this Summer



The temperatures are rising and the days are getting longer. It's summertime once again. Heat-related illness happens when the body's temperature control system is overloaded. Infants, children up to 4 years of age, and the elderly are at greatest risk.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention. Here are some tips to help make your summer safe.

Beat the Heat

Heat-related illnesses claim the lives of hundreds of people each year, so it is important to take these precautions when working or playing outside during the hot summer months.

- Drink plenty of water or other non-alcoholic beverages.
- Wear lightweight, loose-fitting clothing that is light in color.
- Reduce strenuous activities or do them during the cooler parts of the day.
- Never leave infant, children, or pets in parked car even if the windows are cracked open.
- Seek medical care immediate if you or your child has [symptoms of heat-related illness](https://www.cdc.gov/extremeheat/warning.html)(<https://www.cdc.gov/extremeheat/warning.html>).

Fun in the Sun

Your summer plans may include hitting the beach, or just spending more time outdoors. Make sure you plan to avoid sunburn, which can increase your risk of skin cancer.

- Seek shade, especially during midday hours (10am-4pm) when UV rays are strongest and do the most damage.
- Cover up with clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses to protect your eyes from UV rays.
- Rub on sunscreen with sun protective factor (SPF) of 15 or higher and that has both UVA and UVB protection.

Swim Safe

Swimming is a fun way to stay cool and be active. Before diving in, make sure you know these tips for staying safe while swimming.

- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using toilet or changing diapers.
- Take children to bathroom breaks or check diapers often.
- Keep an eye on children at all times. Kids can drown in seconds in silence.
- Never swim alone or in unsupervised locations.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.

Grill and Chill

Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu this summer is foodborne illness. Take these steps to help keep germs at bay.

- Wash your hands before and after handling food.
- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- When grilling foods, preheat the coals on your grill for 20-30minutes, or until the coals are lightly coated with ash.
- Use a meat thermometer to ensure that food reaches a safe internal temperature.
- Never let raw meat, cooked food or fresh cut vegetables or fruits sit at room temperature more than two hours before putting away in cooler or refrigerator (one hour when the temperature is above 90 degree F).
- Make sure to pack plenty of extra ice or freezer packs in your cooler to ensure a constant cold temperature.

For more information on summer safety call the CDC at **1-800-CDC-INFO** or visit the CDC website at <http://www.cdc.gov/>.

August is “Breastfeeding Awareness Month”



August 1st thru the 7th is **WORLD BREASTFEEDING WEEK**; the theme this year is “Sustaining Breastfeeding- together.”

Breastfeeding: Why it matters? Breastfeeding has numerous benefits for infants and families. Babies who are fed nothing but breastmilk from birth through their first 6months of live get the best start. Breastfeeding provides babies the perfect nutrition and everything they need for healthy growth and brain development. Breast milk also provides protection from respiratory infections, diarrhoeal disease, and other life-threatening ailments.

Breastfeeding also reduces the risk of Sudden Infant Death Syndrome (SIDS) and mothers who breastfeed have a decreased risk of breast and ovarian cancers.

In keeping with the plan to increase and sustain the breastfeeding rates in Manitowoc County, the Manitowoc County Breastfeeding Coalition developed a resource guide for breastfeeding assistance in the county. The resource guide includes a listing of various breastfeeding contacts that moms and/or parents can call with any breastfeeding questions or concerns. The resource guide is not network specific nor is it dependent on insurance. This is a fee service. The resource guide has been provided to all the OB and pediatric providers in the county.

The Manitowoc County Breastfeeding Coalition has also been working on Breastfeeding Friendly Childcare initiatives. Currently, there are 8 county-wide day care facilities that have been certified as Breastfeeding Friendly.

For more information on breastfeeding and/or the Manitowoc County Breastfeeding Coalition you can contact Juli Novak from the Manitowoc County Health Department at 920-683-4155.

Newsletter Mailing Change Request Form

■ If there is a change in your information or if you would like to receive the newsletter by mail or electronically please complete the information and either mail or email it to:

Pang Lee

Manitowoc County Health Department

1028 S 9th Street

or

panglee@co.manitowoc.wi.us

Manitowoc, WI 54220

Whether you mail us the information or send it to us via e-mail, it is important to include the information listed on your current mailing label below.

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