

FOR THE HEALTH OF IT!



Severe Weather Safety for Summer

Although Upstate New York is known more for its harsh winter weather, summer is also a time for increased risk for severe weather.

As the climate changes the risk for severe weather increases. Severe thunderstorms, excessive heat and tornadoes are the most common types of severe summer weather in Upstate New York.

It is important for everyone to be alert and prepared for severe weather.

Thunderstorms

Severe Thunderstorm Watch: Be Prepared! Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued. The watch area is typically large, covering numerous counties or even states.

Severe Thunderstorm Warning: Take Action! Severe weather has been reported by spotters or indicated by radar.

Warnings indicate imminent danger to life and property. Take shelter in a substantial building. Get out of mobile homes that can blow over in high winds. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a large hail or damaging wind identified by an NWS forecaster on radar or by a trained spotter/law enforcement who is watching the storm.

During a Thunderstorm

- **At Your House:** Go to your secure location if you hear a severe thunderstorm warning. Damaging wind or large hail may be approaching. Take your pets with you if time allows.
- **At Your Workplace or School:** Stay away from windows if you are in a severe thunderstorm warning and damaging wind or large hail is approaching.

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June 10th - 16th is Men's Health Week

The week leading up to Father's Day June 10th - 16th is recognized as Men's Health Week. It is an opportunity to remind men about the importance of taking care of the physical and mental health.

Did you know that 50% of men have high blood pressure and for non-Hispanic black adult men the number is even higher.

High blood pressure increases a person's risk for heart disease and stroke. Risk factors for high blood pressure include:

- Poor diet
- Being overweight
- Physical inactivity
- Smoking
- Excessive alcohol use
- Poor sleep

In addition to high blood pressure an average of 15,500 men in New York are diagnosed with prostate cancer, 6,700 with lung cancer, 4,550 with colorectal cancer and 2,430 melanoma of the skin.

Many of the risk factors associated with high blood pressure are also linked to cancer in men.

Along with the physical health of men mental health is just as important. Although the prevalence of severe mental disorders is lower in men than women, men are less likely to seek treatment for mental disorders, but more likely to die by suicide.

Also certain groups of men are at higher risk for mental health disorders including

- LGBTQ
- Veteran's and those who have experienced trauma

- Men of minority communities
- Low socio-economic status

So during Men's Health Week let's work together to help men live longer healthier lives.

Tips to Live Healthier

One of the first things you can do to improve your health is schedule an appointment with your doctor. Create a list of questions and concerns that you can bring with you. If you have trouble creating a list ask your family and friends to help you create a list.

Share your list with your doctor. You and your doctor can then develop a plan of action which may include medication, preventive screenings and lifestyle changes.

You can also take the initiative and start making some lifestyle changes of your own including...

- Improve your diet by eating more fruits and vegetables
- Increase physical activity. Start slowly and try to build to 60 minutes of moderate physical activity a day. Can't get there don't quit, small increases in daily physical activity will help.
- Quit smoking. This may take multiple tries, but it is worth the effort.
- Reduce alcohol consumption. The recommendations are no more than two drinks a day for men.
- Practice positive mental health techniques and seek support for mental health disorders.
- Wear sunscreen
- Take medications as prescribed.
- Get screened for cancer if recommended by your doctor.

For more information on improving your health talk with your doctor.

National CPR and AED Awareness Week June 1st-7th

Heart attacks can happen to anyone, but are more likely to occur in people with certain risk factors including

- uncontrolled high blood pressure
- diabetes
- overweight or obesity
- smoking

Some of the most important things you can do to help someone having a heart attack are...

Recognize Sign & Symptoms:

1. Chest tightness that lasts more than a few minutes or goes away comes back. An uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other parts of the body including arms, back neck, jaw or stomach.
3. Shortness of breath, cold sweat, nausea, or lightheadedness.

Call 9-1-1 Immediately. Don't wait seconds matter.

Learn CPR and how to use an AED.

Learning CPR and how to use an AED allows you to help a person in a life-threatening situation. There are a number of organizations that provide CPR and AED trainings. You can do a search online and find a course that is right for you. You may want to ask your employer to bring a class onsite as a workforce development training.



Severe Weather Safety for Summer

Do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.

- **Outside:** Go inside a sturdy building immediately if severe thunderstorms are approaching. Sheds and storage facilities are not safe. Taking shelter under a tree can be deadly. The tree may fall on you. Standing under a tree also put you at a greater risk of getting struck by lightning.
- **In a Vehicle:** Being in a vehicle during severe thunderstorms is safer than being outside; however, drive to closest secure shelter if there is sufficient time.

Tornadoes

- **Tornado Watch:** Be Prepared! Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, take inventory of your supplies and check your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives! Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.
- **Tornado Warning:** Take Action! A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a sturdy building. Avoid windows. If in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter and protect yourself from flying debris. Warnings are issued by your local forecast office. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a tornado identified by a forecaster on radar or by a trained spotter/law enforcement who is watching the storm.
- **Tornado Emergency:** Seek Shelter Immediately! A tornado emergency is the National Weather Service's highest alert level. It is issued when a violent tornado has touched down in the watch area. There is a severe threat to human life and property, with catastrophic damage confirmed. Immediately seek refuge in the safest location possible. Call friends and family who are within the watch area to ensure they are aware of the situation. If you see a tornado approaching, do not attempt to outrun it in a vehicle; shelter in place. Once safe, be sure to monitor your local forecast for the latest updates.

During a Tornado

- **At Your House:** If you are in a tornado warning, go to your basement, safe room, or an interior room away from windows. Don't forget pets if time allows.
- **At Your Workplace or School:** Follow your tornado drill and proceed to your tornado shelter location quickly and calmly. Stay away from windows and do not go to large open rooms such as cafeterias, gymnasiums, or auditoriums.
- **Outside:** Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are not safe. Neither is a mobile home or tent. If you have time, get to a safe building.
- **In a vehicle:** Being in a vehicle during a tornado is not safe. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head, or abandon your car and seek shelter in a low lying area such as a ditch or ravine.

Excessive Heat

- **Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.
- **Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.
- **Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°; however, criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness

Don't let a tick make you sick!

Know the truth about preventing tick-borne illnesses

Myth: Once bitten, you are infected

Fact: Not all ticks carry diseases. In order to transmit a disease, a tick needs to be attached from between 3 to 96 hours, depending on the tick and the disease they are transmitting.

Myth: You should remove a tick with a heat source or chemical

Fact: No! These removal "tricks" to make a tick "back out" can be dangerous and potentially increase the risk of infection. It can cause infected saliva from the tick to be pushed into the bite. All you need to remove a tick is a pair of clean tweezers or a tick removal tool. After removal, wash the bite location with soap and water and monitor for symptoms.

Myth: Ticks only carry Lyme disease

Fact: While Lyme disease is the most common and well known tick-borne disease, there are others that have been reported in NYS and Warren County - Anaplasmosis, Babesiosis, and Rocky Mountain Spotted Fever

Myth: Stay out of the woods and you will be fine

Fact: Ticks don't fall from trees. They live on the ground in grassy and brushy areas, waiting for a host to walk by. Many people find ticks on them after being in their own yard or neighborhood

Myth: You will have a rash or bullseye around the bite if you are infected

Fact: Not all people experience telltale signs of a tick-borne disease. According to the CDC, only about 70 to 80 percent of people infected with Lyme disease have a rash or bullseye. If you suspect you have a tick-borne disease, talk with your provider about your symptoms.

After spending time outdoors, do a full body check and safely remove any ticks you find. Monitor for any signs or symptoms of a tick-borne disease.



Barbeque Food Safety Tips

Keep Your family & Friends Safe from food borne illness

Many people enjoy outdoor grilling in the summer months. Here are some tips to avoid food poisoning caused by germs growing too quickly in the summer heat.

Wash your hands and forearms thoroughly before preparing or serving food. Use warm water and soap for at least 20 seconds.

While You Are Cooking...

Meats must be cooked to the proper temperature to assure safety.

Germs such as E-coli and salmonella can still be present in undercooked meats such as hamburger and chicken. These germs can cause severe illness and even death.

While the juice color will usually change from red to gray when the meat is fully cooked, it is not a reliable test to assure it is safe to eat. Always check the temperature with a meat thermometer. Foods that reach the temperature listed or higher are fully cooked.

| |
|----------------------|
| Chicken - 165o F |
| Hamburger - 160o F |
| Pork - 150o F |
| Hot dogs - 140o F |
| Leftovers - 165o F |
| Eggs - 145o F |
| Other foods - 140o F |

Insert the thermometer into the center of the meat, which is the least cooked part. For checking hot dogs, go from the end of the hot dog to the center. Be careful not to pass through the meat and touch the cooking surface or you will get a false high temperature reading.

Wash your hands after touching raw meat! Use utensils to handle the cooked meat. Do not place cooked meat on surfaces that had raw meat.

While You Are Serving Food...

Serve the first-cooked meats first. Make sure the food is used before the temperature drops under 140 degrees, and within two hours. Cold foods need to be kept cold. Keep them refrigerated (at 40o F) or stored in coolers with lots of ice until ready to eat.

Before serving, wash your hands thoroughly. Avoid touching food such as rolls, bread etc. with your bare hands. Wash your hands after touching raw or undercooked foods.

Use a utensil when serving food.

Refrigerate any leftovers immediately! Never leave food at room temperature for more than two hours.

Whenever Working With Food...

Leave the food preparation area to smoke, eat, or drink.

When you return, wash your hands thoroughly before handling any food.

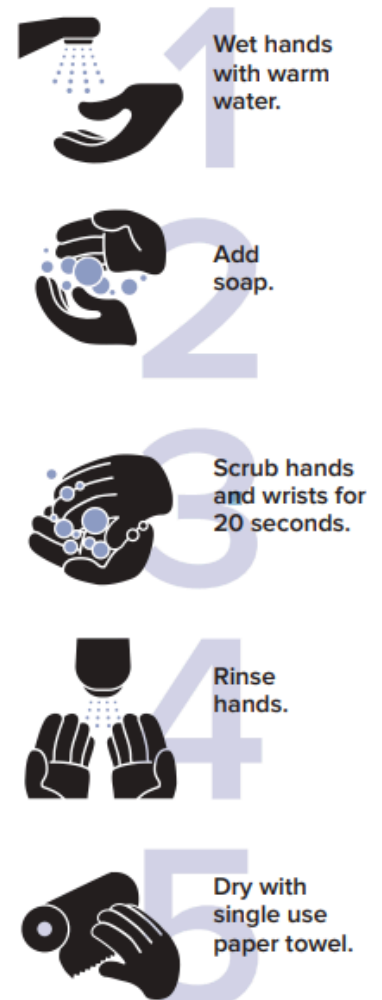
Wash your hands after any contact with unclean surfaces -- after handling trash or raw meat, eating or smoking, using the bathroom, handling pets, or dirtying your hands during any activity.

A Few More Tips...

- Wipe surfaces often, especially after using them for food preparation. Germs from undercooked meat can grow on vegetables cut or washed on the same surface as the meat. Mix and use a sanitizer solution of one capful of chlorine bleach per gallon of water for cleaning work area surfaces.
- Marinate food in the refrigerator. Don't taste the marinade or re-use it after raw meat has been added.
- Keep flies away! Cover trash containers, and do not store meat wrappers and other trash, even for a short time, in open cardboard boxes or uncovered containers.
- Do not use fly spray or "No-Pest" chemical strips - they can contaminate the food.
- Do not store food containers out in the open; rather, place them in the shade.
- Keep plates, cups, utensils and food covered until ready to use.
- Never re-use plates before washing them, especially plates used to hold raw meats or eggs.
- Use a separate cutting board or surface for foods that will not be cooked (such as salad).
- When handling plates, cups and utensils, touch them where food will not be placed: use handles, rims, bottom of plates, etc.
- Tie long hair back in a pony tail or bun. A hat, bandanna or net will also work.
- Don't prepare and serve food if you have been sick with vomiting or diarrhea within the past 24 hours.
- Don't wear loose finger or wrist jewelry or false nails while working with food.
- Pack plenty of paper towels for cleaning hands and surfaces at your picnic.

Handwashing Helps Eliminate the Spread of Illness

Wash your hands and wrists thoroughly before preparing or serving food. Use warm water and soap for at least 20 seconds.



Prevent Recreational Water Illnesses

The most common swimming-related illnesses are diarrhea, skin rashes, swimmer's ear, pneumonia or flu-like illness, and irritation of the eyes or respiratory tract.

You can get swimming-related illnesses if you swallow, have contact with, or breathe in mists of water contaminated with germs. You can also get swimming-related illnesses by having contact with chemicals that are in the water or inhaling chemicals that evaporate from the water and turn into gas in the air.

Outbreaks of diarrhea are the most common swimming-related illness outbreaks. People who are sick with diarrhea can spread diarrhea-causing germs to others if they have diarrhea in the water. If others swallow the contaminated water, they can become infected. Chemicals (chlorine or bromine) inactivate or kill most germs in properly treated water within minutes; Crypto (short for Cryptosporidium) can survive for more than 7 days.

Steps to Protect

Before you get in

- Check latest inspection results on the state or local health department website or on-site.
- Make sure the drain at the bottom of the deep end is visible. Check that the drain covers appear to be secured and in good condition.
- Make sure no chemicals are out in the open.

Check yourself

- Stay out of the water if you are sick with diarrhea. If you have been diagnosed with Crypto, don't go back in the water until two weeks after diarrhea has completely stopped.
- Stay out of the water if you have an open cut or wound (particularly from a surgery or piercing). If you do go in the water, use waterproof bandages to completely cover the cut or wound.

- Shower before you get in the water. Rinsing off in the shower for just one minute removes most of the dirt or anything else on your body that uses up chlorine or bromine needed to kill or inactivate germs.

Once you are in

- Don't pee or poop in the water.
- Don't swallow the water.
- Take kids on bathroom breaks and check diapers every hour.
 - Change diapers away from the water to keep germs from getting in.
- Dry ears thoroughly after swimming

If you are at an ocean, lake, or river:

- Check for beach or lake closure information on your state or local government website or signs on-site.
- Cloudy water can be a warning that there are more germs in the water than normal.
- Stay out if you see any pipes draining into or around the water.
- Wash your hands for 20 seconds before eating food, especially if you have been playing in or touching sand. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizer might not be as effective when hands are visibly dirty or greasy, so wiping sand off before using it might be helpful.

For more helpful tips and information visit www.cdc.gov/healthy-swimming/prevention/

JUNE 21st INTERNATIONAL YOGA DAY!



“YOGA IS THE
JOURNEY OF
THE SELF,
THROUGH THE
SELF, TO THE
SELF”.



Don't leave your mark at the pool this summer!

It only takes one
person with diarrhea
to contaminate the
entire pool.



Learn more at www.cdc.gov/healthyswimming

