



MIDLAND HEALTH & SENIOR SERVICES A DIVISION OF COMMUNITY SERVICES

PUBLIC HEALTH REVIEW

Fall 2011

Tailgating Food Safety Questions and Answers



Q. Several of us are planning a tailgate party. How can we handle the foods safely?

A. Keeping food at a safe temperature between home, a store or restaurant, and the tailgate location helps prevent foodborne illness. Follow these tips from the U.S. Department of Agriculture (USDA) to ensure that your food stays safe;

- Carry cold perishable food like raw hamburger patties, sausages, and chicken in an insulated cooler packed with several inches of ice, frozen gel packs, or containers of ice.
- Place an appliance thermometer in the cooler so you can check to be sure the food stays at 40 °F or below.
- When packing the cooler for an outing, be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating ready-to-eat food.
- Perishable cooked food such as luncheon meat, cooked meat, chicken, and potato or pasta salads must be kept refrigerator cold, too.
- If bringing hot take-out food, eat it within 2 hours of purchase (1 hour if the temperature is above 90 °F).
- To keep food like soup, chili, and stew hot, use an insulated container. Fill the container with boiling water, let it stand for a few minutes, empty, and then put in the piping hot food. If you keep the insulated container closed, the food should stay hot (140 °F or above) for several hours.
- If you can't keep hot food hot during the drive to your tailgate, plan ahead and chill the food in the refrigerator before packing it in a cooler. Reheat the food to 165 °F as measured with a food thermometer.
- In addition to a grill and fuel for cooking food, pack a food thermometer so you can check and make sure the meat and poultry reach a high enough temperature to destroy harmful bacteria that may be present.
- Include lots of clean utensils for preparing and serving the safely cooked food.
- Bring water for cleaning if none will be available at the site. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.

SOURCE: http://www.fsis.usda.gov/factsheets/Tailgating_Food_Safety/index.asp

Heart Disease Prevention: What You Can Do



Live A Healthy Lifestyle

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure. For more information on healthy diet and nutrition, see [CDC's Nutrition and Physical Activity Program Web site](#).
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the [body mass index](#) (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat. If you know your weight and height, you can calculate your BMI at [CDC's Assessing Your Weight Web site](#).
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- For more information, see [CDC's Nutrition and Physical Activity Program Web site](#).
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see [CDC's Smoking & Tobacco Use Web site](#).
- **Limit alcohol use.** Avoid drinking too much alcohol, which causes high blood pressure. For more information, visit [CDC's Alcohol and Public Health Web site](#).



Prevent or Treat Your Medical Conditions

If you have high cholesterol, high blood pressure, or diabetes, there are steps you can take to lower your risk for heart disease.

- **Have your cholesterol checked.** Your health care provider should test your [cholesterol levels](#) at least once every five years. Talk with your doctor about this simple blood test.
- **Monitor your blood pressure.** High blood pressure has no symptoms, so be sure to have it checked on a regular basis.
- **Manage your diabetes.** If you have diabetes, closely monitor your blood sugar levels. Talk with your health care provider about treatment options.
- **Take your medicine.** If you're taking medication to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.
- **Talk with your health care provider.** You and your doctor can work together to prevent or treat the medical conditions that lead to heart disease. Discuss your treatment plan regularly and bring a list of questions to your appointments.

Source: http://www.cdc.gov/heartdisease/what_you_can_do.htm

Anatomy of A First Aid Kit



A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Source: <http://www.redcross.org/services/hss/lifeline/fakit.html>

Carbon Monoxide Poisoning Do's and Don'ts

Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.

Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Don't use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

Don't run a car or truck inside a garage attached to your house, even if you leave the door open.

Don't burn anything in a stove or fireplace that isn't vented.

Don't heat your house with a gas oven.



SOURCE: <http://www.cdc.gov/co/guidelines.htm>

Our Mission: To promote and assure the health and well being of citizens of the City of Midland.

An Autumn Health and Safety Reminder



The cool moderate weather of fall is finally here and many of us are anxious to get outside and enjoy the crisp air, the beautiful autumn colors and the chores of the season. How relaxing it can be to set in the warmth of the sun watching and listening to the multicolored leaves as they cascade from the trees.

The downside to these memorable times is the sea of leaves covering everything on the earth's surface; sidewalks, roads, driveways and lawns. In some areas such as woodlands and gardens the leaves can be left alone to naturally recycle, but in others there are various reasons to remove this natural blanket.

Raking leaves is a strenuous task that can take its toll on the unprepared. In addition to the obvious physical demands of raking, the fall environment can be a health concern for many of us. Damp leaves harbor molds that can produce allergic reactions such as headaches, runny nose, itchy swollen eyes, bronchitis and asthma. Burning leaves can complicate these problems and also contribute to air pollution.



Since only about 15 percent of the population suffers from allergies, most people will experience no ill effects from exposure to allergens. However, if you are one of the 15 percent, it is best to avoid exposure completely. So now you have a legitimate excuse not to rake leaves, but if you just can't help yourself, some precautions can minimize the extent of symptoms. Ask your family physician about allergy medications that may reduce the effects of exposure. Avoid breathing contaminants by wearing a dust mask that filters out microscopic particulate matter including molds and other allergens. If you are determined to rake leaves, do so while the leaves are dry, don't wait until they become damp and moldy. After raking don't contaminate the interior of your home with exposed clothing, remove and wash immediately.

Another hazard to avoid in the outdoors is the bites and stings of insects, spiders and snakes. Many of them are still present under leaves and plants as the temperature cools and they become less active. Serious bites are rare but these critters are prone to defending themselves by attacking since they can't escape easily because of their slowed metabolisms. Just stay alert, wear gloves and other protective clothing and don't antagonize them if you have an encounter. Seek first aid or medical attention if bitten or stung.



Other health issues to consider before beginning the task of raking concern physical endurance. Many of us are sedentary during the summer months and venture out for the first time with no prior preparation. Get in shape or take it easy. Otherwise, the stress and strain can be too much for the body to endure. Heart attacks and strokes often result from cold weather exertions such as raking leaves or shoveling snow. Muscle aches and back pains are common occurrences when we over use unprepared bodies. Seek medical advise before beginning, especially older adults who are not normally physically active.

Always do warm-up exercises before beginning physical work. Stretching exercises will loosen tight muscles and help prevent stress and strain that can cause injury. Raking leaves doesn't seem like strenuous work but twisting, reaching, bending, lifting and carrying bags of leaves are actions that require conditioning in order to work safely. Don't overload the bags of leaves, especially wet ones and don't bend at the waist when lifting the bags. Bend the knees and keep the back in its natural curve using the leg muscles to lift.

After a day of working in the yard it's a good idea to do stretching exercises the next morning to relieve muscle tension. If you have someone willing to give you a massage, that's an extra beneficial therapy well earned. Take it easy and enjoy the pleasures of autumn

SOURCE: <http://www.cehs.siu.edu/Seasonal-Health-Safety-Reminders/An-Autumn-Health-Safety-Reminder>
by Jim Hancock