



For the Health Of It!

Summer Travel Checklist

SUMMER IS HERE AND SO ARE BUSY TRAVEL PLANS !!

Whether you choose to travel for adventure, business, studying, holidaying or visiting family and friends, and by road, air or water; it is essential to take some steps to prepare, so you can stay safe and healthy during your trip.

- **Destination Travel**–Make sure to check webpage of the destination you may be visiting, or CDC website to know what vaccines or medicines you may need and what health risks or diseases may be a concern.
- **Know Your Health Status**– Schedule an appointment with your Health care Provider at least a month before your trip. Discuss destination specific vaccines and medications, health concerns like allergies, chronic health problems or pregnancy and itinerary for specific advice or recommendations, and staying up-to-date with routine vaccines.
- **Plan for the Unexpected**– Unexpected issues may occur during travel. So it is advisable to be prepared, get travel insurance to help cover health care for any unforeseen medical emergency. Carry emergency contacts with you at all times. Leave copies of important travel documents (itinerary, contact information, credit cards, passport,) with someone at home, in case you lose them during travel.

Continued pg.. 3

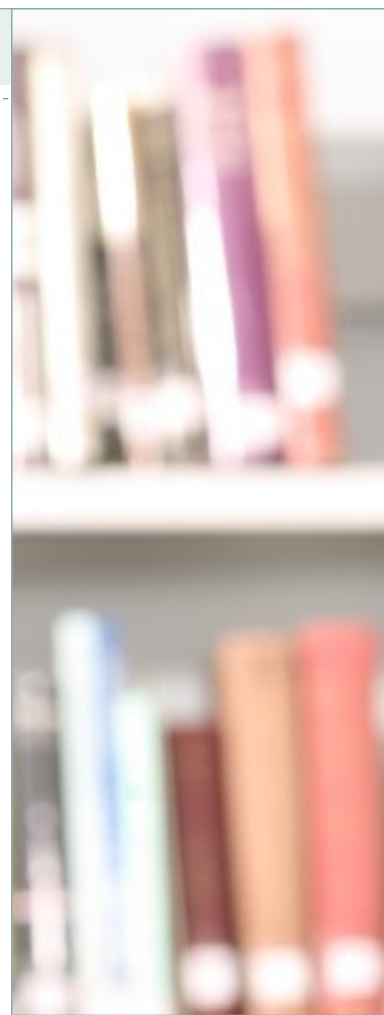
FIREWORK SAFETY

Summer time always goes well with barbeques, parades and fireworks. While it is a fun time, The National Safety Council advises everyone to enjoy fireworks at public displays organized by professionals. Firework use may be legal, but not safe at / near home.

Some facts—

- An estimated 19,500 fires started by fireworks were reported to local US fire departments in 2018. these fires caused 5 civilian deaths, 46 civilian injuries, and \$ 105 million in direct property damage.
- Brush, grass or forest fires accounted for 3 of every 5 of fireworks fires.
- As per the National Fire Protection Association, more than one– quarter (28 percent) of fires started by fireworks in 2014-2018 were reported on the 4th of July.

Continued pg. 2



INSIDE THIS ISSUE

Firework Safety Cont..... 2

World Hepatitis Day 2

Lightning Safety. 2

Summer Travel Cont. 3

Summer Poison Prevention 3

Lighting Safety Cont..... 4

Grilling Safely 5

Harmful Algae Blooms 6



FIREWORK SAFETY CONTINUED

Here are some important safety tips to follow if you choose to use legal fireworks

- Always use fireworks outside and have a bucket of water/ hose nearby in case of accidents.
- For ground based fireworks like a fountain, spectating from at least 35 feet away is best.
- For aerial fireworks, everyone should move back to a distance of around 150 feet.
- Supervise children when they are handling sparklers. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet or touching body parts.
- Soak both spent and unused fireworks in water for a few hours before discarding.
- Never place a part of your body directly over a firework or hold a firework in your hand when lighting.
- Only light one firework at a time. Lighting multiple fireworks at the same time increases the risk of accidents occurring from the fuse burning faster than designed.
- Consider safe alternatives to fireworks such as party poppers, bubbles, silly string or glow sticks.
- Remember, fireworks are illegal to possess in Warren County unless you are licensed.

“An ounce of prevention is worth a pound of cure.” – Benjamin Franklin

July 28th

World Hepatitis Day

9 in ten people living with Hepatitis are unaware of their diagnosis. Every 30 seconds, someone dies from a viral hepatitis related illness. With existing prevention, testing and treatment services that are available every hepatitis related death is preventable. So take the first step and talk to your Healthcare provider about testing for Hepatitis.

Learn more:

[What is Viral Hepatitis? | CDC](#)



SEVERE WEATHER / LIGHTNING SAFETY

Lightning can strike anyplace on earth. There are about 6000 lightning strikes every minute, which is more than 8 million strikes everyday. You can protect yourself and your loved ones if you know what to do when you see lightning or when you hear thunder as a warning. This risk of being struck by lightning is low, but the consequences of lightning strike injuries are serious. From 2006 through 2021, lightning caused an average of 28 deaths per year in the United States.

FIRST AID RECOMMENDATIONS

Giving first aid to a person who has been struck by lightning while waiting for professional medical attention can save their life. It is safe to touch people who have been struck by lightning; ***THEY DO NOT CARRY AN ELECTRICAL CHARGE.***

Some steps to follow immediately to help save the life of a person who has been struck by lightning.

- **Call for help**—Call 911 immediately. Give directions to your location and information about the person. It is safe to use a cell phone or cordless phone during a storm.
- **Assess the Situation**—Safety is a priority. Be aware of the continued lightning danger to both the person who has been struck and the rescuer. If located in a high risk area, (isolated tree or in an open field), you could be in danger. If necessary, move to a safer location.
- **Respond** - Lightning often causes a heart attack. Check to see if the person is breathing and has a heartbeat. Also, long for other possible injuries. Lightning can cause burns, shock, and sometimes blunt trauma. Treat each of these injuries with basic first aid until help arrives.
- **Resuscitate** - If the person is not breathing, immediately begin mouth-to-mouth rescue breaths. If they do not have a pulse, start chest compressions as well (CPR). Continue resuscitation efforts until help arrives.



Travel improves mental health, decreases risk of heart failure and depression, helps build social and communication skills, promotes peace of mind and boosts confidence. Take care of your health, so you can have fun making memories of the places you visit.

SUMMER TRAVEL CHECKLIST CONTINUED

Pack Smart for a Healthy Trip

- **Prescription medicines**- Your prescriptions, travelers' diarrhea antibiotic, medicines to prevent malaria.
- **Medical supplies**- Glasses and contacts, medical alert bracelet or necklace, diabetes testing supplies. Insulin, inhalers, and EpiPen's.
- **Over-the-counter medicines**- Diarrhea medicines (Imodium or Pepto- Bismol), Antacid, antihistamine, motion sickness medicine, cough drops, cough suppressant, or expectorant , decongestant, pain and fever medicine (acetaminophen, aspirin or ibuprofen), mild laxative, mild sedative or sleep aid.
- **Supplies to prevent illness or injury**- Hand sanitizer or antibacterial hand wipes, water purification tablets, insect repellent (with an active ingredient like DEET or picaridin, sunscreen (with UVA and UVB protection, SPF 15 or higher), sunglasses and hat, condoms, and earplugs.
- **First- aid kit**- 1% hydrocortisone cream, antibacterial or anti fungal ointments, digital thermometer, oral rehydration salts, antiseptic wound cleaner, aloe gel for sunburns, insect bite anti-itch gel or cream, bandages, disposable gloves, cotton swabs (Q-tips), tweezers, and eye drops.
- **Documents**- Copies of passport and travel documents, copies of all prescriptions (medications, glasses or medical supplies), health insurance card and documents, proof of yellow fever vaccination (if required for your trip), contact card with street addresses, phone numbers, and email addresses of : Family members or close contact in the US, health care provider at home, lodging at your destination, hospitals or clinics (including emergency services) in your destination, US Embassy or Consulate in the destination country or countries.

During Travel

Regular hand washing with soap and water is one of the best ways to remove germs and avoid getting sick.

Protect against sun and extreme temperatures by applying sunscreen with SPF 15 or higher when travelling. Wear loose, light weight, light colored clothing if you are traveling in hot weather. When traveling in cold weather; wear warm clothing in several loose layers.

After Travel

You may get infected during travel but not have symptoms until you get home. If you recently traveled and feel sick, esp. if you have fever, talk to your healthcare provider.

Long term travelers, such as expatriate workers, Peace Corps volunteers, or missionaries have a great risk of getting infected, sometimes without symptoms, during travel. If you are a long – term traveler, consider having a thorough medical exam or interview with your provider after returning to USA.

Summer Poison Prevention Tips

Summer is a time for family get togethers, swimming, gardening and enjoying the outdoors.

However, Summer also creates new opportunities for accidental poisonings.

Here are a few thing to remember to keep you and your family safe while enjoying summer.

- Keep lawn fertilizers and pesticides in a locked storage unit to keep kids and pets from getting into them. Make sure to read all safety precautions and use instructions to ensure everyone's safety.
- If you own a pool, keep all pool chemicals in a locked storage unit. Many pool chemicals are very toxic and mixing pool chemicals can create dangerous fumes or even explosions. Ask a local pool expert about any chemicals you plan to use and follow all use and safety instructions.
- Make note of any garden flowers you plant and also if you have wild plants that grow near your property. Many plants have fruits or berries that can be poisonous if touched or eaten. Teach kids to never touch or eat plants or berries without asking an adult first if they are safe.
- Keep alcohol and other recreational drugs locked up and out of reach of children.
- If at anytime you suspect someone has been poisoned call 911 for life threatening symptoms (not breathing, unconscious etc.).
- For non-life threatening symptoms call the Upstate Poison Center 1-800-222-1222

Lightning Safety: Stuck on the Water

The following is a safe boating message from the National Safe Boating Council and the National Weather Service.

Thunderstorms can be a mariner's worst nightmare. They can develop quickly and create dangerous wind and wave conditions. Thunderstorms can bring shifting and gusty winds, lightning, waterspouts, and torrential downpours which can turn a day's pleasure into a nightmare of distress.

There are no specific warnings or advisories for lightning but all thunderstorms produce lightning. A lightning strike to a vessel can be catastrophic, especially if it results in a fire or loss of electronics.

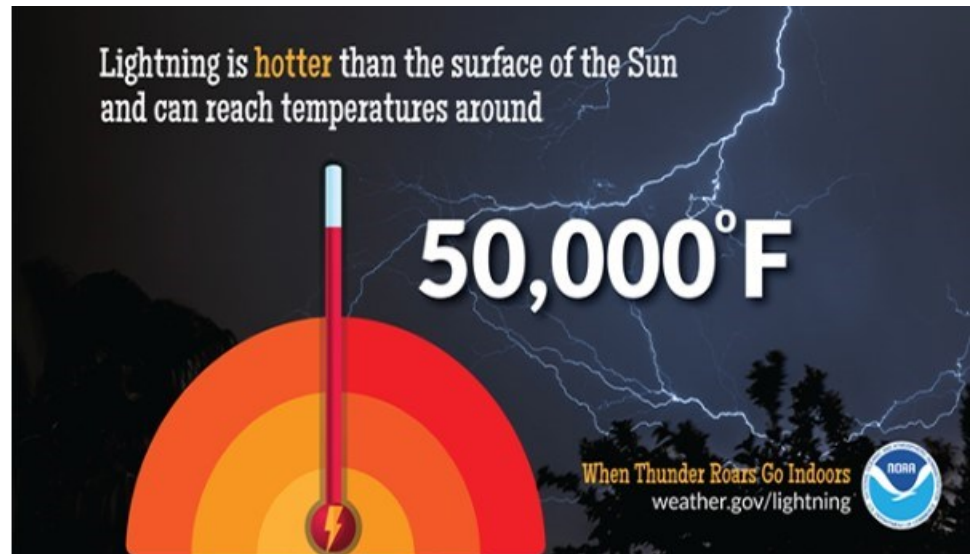
If your boat has a cabin, then stay inside and avoid touching metal or electrical devices. If your boat doesn't have a cabin, stay as low as you can in the boat.

Boaters should use extra caution when thunderstorm conditions exist and have a plan of escape. Mariners are especially vulnerable because at times they may be unable to reach port/shore quickly.

It is therefore strongly recommended you do not venture out if thunderstorms are a possibility. If you do venture out monitor weather radio and if you recognize thunderstorms nearby, head to port or safe shelter as quickly as possible.

Ultimately, boating safety begins ashore with planning and training. Keep in mind that thunderstorms are usually brief so waiting it out is better than riding it out.

SEVERE WEATHER/LIGHTNING SAFETY CONTINUED



Learn indoor and outdoor safety tips to protect yourself and your loved ones from lightning.

Indoor Safety

About 1/3rd of lightning strike injuries occur indoors. Here are some tips to keep safe and reduce your risk of being struck by lightning while indoors.

- **Avoid Water**— do not bathe, shower, wash dishes or have any other contact with water during a thunderstorm because lightning can travel through a building's plumbing.
- **Do not touch electronic equipment** - do not use anything connected to an electrical outlet, such as computers, laptops, game systems, washers, dryers, or stoves. Equip your home with whole-house surge protectors to protect your appliances.
- **Avoid windows, doors, porches and concrete**— stay away from windows and doors, and porches. Do not lie on concrete floors or lean on concrete walls during a thunderstorm.
- **Do not use corded phones**— corded phones are NOT safe to use during a thunderstorm. DO NOT use them. It is safer to use cordless or cellular phones during a storm.

Outdoor Safety

Although no place outside is safe during a thunderstorm, you can minimize your risk by assessing the lightning threat early and taking appropriate actions.

- **Be aware**— check the weather forecast before participating in outdoor activities. If forecast calls for thunderstorms, postpone your trip or activity, or make sure suitable safe shelter is readily available.
- **Go indoors**— Remember “**when thunder roars, go indoors**” Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping centers, and hard top vehicles with the windows rolled up.
- **Seek shelter immediately, even if caught out in the open**— the most important action is to remove yourself from danger. Crouching or getting low to the ground can reduce your chances of being struck. Get off hills, mountains and peaks. Never shelter under an isolated tree. Never use cliff or rocky overhang for shelter. Get out or away from ponds, lakes and other bodies of water.
- **Do not stay in open vehicles**- like convertibles, motorcycles and golf carts.
- **Avoid open spaces**— such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety

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SUMMER AND HARMFUL ALGAE BLOOMS (HABS)



As the summer weather heats up many people look to cool off by visiting the many lakes, rivers and streams in Warren County. The summer heat and warming waters can also lead to the formation of Harmful Algae Blooms (HABS).

Because it is hard to tell a HAB from non-harmful algal blooms, it is best to avoid swimming, boating, otherwise recreating in, or drinking water with a bloom.

Know it

Most algae are harmless and are an important part of the food web. Certain types of algae can grow quickly and form blooms, which can cover all or portions of a lake. Even large blooms are not necessarily harmful. However some species of algae can produce toxins that can be harmful to people and animals. Blooms of algal species that can produce toxins are referred to as harmful algal blooms (HABS).

HABS are likely triggered by a combination of water and environmental conditions that may include: excess nutrients (phosphorus and nitrogen), lots of sunlight, low-water or low-flow conditions, calm water, and warm temperatures. Depending on the weather and the characteristics of the lake, HABS may be short-lived (appearing and disappearing in hours) or long-lived (persisting for several weeks or more).

Avoid it

Algal blooms may have the appearance of spilled green paint.

- People, pets and livestock should avoid contact with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red.
- Never drink, prepare food, cook, or make ice with untreated surface water, whether or not algae blooms are present. In addition to toxins, untreated surface water may contain bacteria, parasites, or viruses that could cause illness if consumed.
- People not on public water supplies should not drink surface water during an algal bloom, even if it is treated, because in-home treatments such as boiling, disinfecting water with chlorine or ultraviolet (UV), and water filtration units do not protect people from HABS toxins.

If contact occurs:

- Rinse thoroughly with clean water to remove algae.
- Stop using water and seek medical attention immediately if symptoms such as vomiting, nausea, diarrhea, skin, eye or throat irritation, allergic reactions, or breathing difficulties occur after drinking or having contact with blooms or untreated surface water.

Be prepared:

Before you go in the water, find out what waterbodies have blooms or have had them in the past. DEC maintains a HABS Notifications page of waterbodies that currently have blooms. Please note that if a waterbody is not listed, it does not mean that it does not have a bloom. It may have one that was not reported. Find out what waterbodies have had blooms in the past on the HABS Archive page.

DEC does not have the authority to close a lake in the event of a bloom, although they can close beaches that are operated by DEC (limited to a small number of beaches within the Adirondack and Catskill Parks). The NYS Office of Parks and Recreation, County officials or local Department of Health has the authority to close swimming beaches. Beach operators close beaches as needed to assure public health and safety. This can happen under a number of circumstances, including when excessive algal blooms are detected.

Go to [NYSDEC](#) for information a resources about HABS.



Top Pic: HABS may make the water look bright green or like pea soup.

Mid Pic: HABS may look like green dots, clumps or globs on the water surface.

Bottom Pic: HABS may look like parallel streaks, usually green, on the water surface.



Public Health
Prevent. Promote. Protect.

Warren County Health Services
Division of Public Health