



MANEUVER CENTER OF EXCELLENCE HEALTH PROMOTION NEWSLETTER

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MCoE Health Promotion

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Fireworks during the Fourth of July are as American as apple-pie, but did you know that more fires are reported on that day than any other day of the year in the United States? More than half of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

PROCEED WITH CAUTION!

- » Leave fireworks to the professionals. Do not use consumer fireworks.
- » The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- » After the firework display, children should never pick up fireworks that may be left over, they may still be active.

CONSUMER FIREWORKS

include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees**

Fahrenheit, which is hot enough to cause third-degree burns.



FACTS

- ! Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.
- ! The risk of fireworks injury was two-and-a-half times as high for children ages 10-14 as for the general population.

SUMMER IS HERE!



KEEP YOUR FAMILY SAFE IN THE WATER!

- Teach children water safety and swimming skills as early as possible.
- Always brief babysitters on water safety, emphasizing the need for constant supervision.
- Appoint a “designated watcher” to monitor children during social gatherings at or near pools.
- Equip doors and windows that exit to a pool area with alarms.
- Install a poolside phone, preferably a cordless model, with emergency numbers programmed into speed-dial.
- Post CPR instructions and learn the procedures.
- Keep rescue equipment poolside. Don’t wait for the paramedics to arrive because you will lose valuable life-saving seconds. Four to six minutes without oxygen can cause permanent brain damage or death.
- Keep a first aid kit at poolside.
- Install four-sided isolation fencing, at least five feet high, equipped with self-closing and self-latching gates, that completely surrounds the pool and prevents direct access from the house and yard.
- Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or disability.
- Don’t use flotation devices as a substitute for supervision. Never allow a young child in a pool without an adult.
- Don’t leave objects such as toys that might attract a child in the pool and pool area.
- Never prop the gate to a pool area open.
- Don’t rely on swimming lessons, life preservers, or other equipment to make a child “water safe.”
- Never assume someone else is watching a child in a pool area.
- Don’t leave chairs or other items of furniture where a child could use them to climb into a fenced pool area.
- Don’t think you’ll hear a child who’s in trouble in the water; child drowning is a silent death, with no splashing to alert anyone that the child is in trouble



ZIKA VIRUS

What is Zika?

Zika is a virus transmitted by the *Aedes* mosquito, which also transmits dengue and chikungunya.

Zika can cause:



Mild fever



Conjunctivitis



Headache and joint pain



Skin rash



Onset is usually 2-7 days after the mosquito bite



1 in 4 people with Zika infection develops symptoms



A very small number of people can develop complications after becoming ill with the virus



Pan American Health Organization



World Health Organization
REGIONAL OFFICE FOR THE Americas

#zika
#FightAedes
#ZikaVirus

www.paho.org/zikavirus

WILL YOUR BBQ MAKE YOU SICK?



Hot weather is perfect for picnics and barbecues, but warm temperatures also cause a spike in foodborne illness. Nothing kills a good time like potato salad that's gone bad. Find out how to protect yourself the next time you host an outdoor get-together.

82%

OF AMERICANS SAY THEY ARE CONFIDENT THEY PREPARE FOOD SAFELY.

FOODBORNE ILLNESS IS MORE COMMON THAN YOU THINK.

Number of people stricken with foodborne illness each year:

47.8 Million

Estimated number of deaths from foodborne illness each year:

3,037

SAFE INTERNAL TEMPERATURES



145°F

STEAK



160°F

GROUND BEEF



165°F

CHICKEN

SAFE TEMPERATURE to keep your cooler:



Wash your hands for at least **20 SECONDS** to eradicate germs.



Don't leave food out for more than one hour if the outside temperature is over

90°F.



MOST FOODBORNE BACTERIA GROW FASTEST AT TEMPERATURES FROM **90°F-100°F.**

FOR MORE INFORMATION ON **HEALTHY AND SAFE EATING,** CHECK OUT TAKEPART.COM/FOOD.

Sources: CDC | FDA | Mayo Clinic | International Food Information Council Foundation

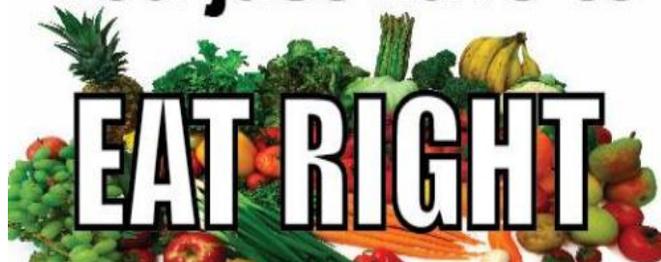


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You don't have to

EAT LESS

You just have to



EAT RIGHT