



FUN IN THE SUN **TIPS FOR HAVING A** **SAFE SUMMER**

Swimming and other water-related activities are excellent ways to get physically active. In fact, every year, recreational water venues receive more than 360 million visitors. This makes swimming the third most popular recreational activity in the United States and the most popular recreational activity for children. However, it is important to be aware of ways to prevent recreational water illnesses (RWIs) and injury. The following is taken from the CDC "Healthy Swimming" program which can be found at www.cdc.gov/healthyswimming.

Recreational Water Illnesses and Water Safety

RWIs are caused by germs spread by swallowing, breathing in mists or having contact with contaminated water in swimming pools, hot tubs, water parks, lakes, rivers, or oceans. They can cause a variety of infections, including the eyes and ears, skin and gastrointestinal tract, the most common being diarrhea. In the past two decades, there has been an increase in the number of RWI outbreaks associated with swimming. For instance, cryptosporidium can survive in chlorine and has become the leading cause of gastrointestinal outbreaks associated with swimming venues with cases in the US increasing 143 percent from 2004 (3,411) to 2007 (8,300). The best way to prevent RWIs is to keep germs out of the water and off of you in the first place. Follow these steps for healthy swimming:

- Don't swim when you have diarrhea.
- Try not to swallow pool or lake water.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Take your kids on bathroom breaks or check diapers often. The use of swim diapers may give many parents a false sense of security

regarding fecal contamination; they are not leak proof and can still contaminate the pool water.

- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Shower again right after swimming to help prevent rashes and make sure to carefully dry the external portion of the ears when towel drying to reduce chances of swimmer's ear.

Kiddie Pools - Small inflatable and plastic pools (kiddie pools) are typically filled with tap water which is not adequate to kill germs that may be in the pool. Using these types of pools increases the risk of spreading RWIs brought into the water by



swimmers with a diarrheal illness. Any household inviting others to use these types of small pools should talk to parents or caregivers about their children's health before their children use the pool. When finished, be sure to drain the pool, clean it

and allow it to dry in the sun for at least four hours.

Pools/Water parks- Always obey the posted pool rules. Remember a pool's sides and bottom are usually made of concrete. A slip or fall could be painful and dangerous. Don't run or push others and be aware of the depth markers at poolside before jumping in or diving.

Lakes and Beaches- Parents need to keep a close eye on children and know their swimming skill level. Always swim with a buddy and never at night. Be mindful of the undertow and the power of the waves in the Great Lakes. Wearing protective footwear in rivers, lakes and on beaches will prevent cuts and scrapes from broken glass and jagged rocks. Check for beach water quality and advisories at www.wibeaches.us before heading out. And, make sure to pack the sunscreen.

Don't Invite Bacteria to your Picnic



Another wonderful summer staple is packing up the picnic basket. Here are a few food safety tips.

Keep cold food cold and hot food hot. Cold food should be stored at 41°F or

below to prevent bacterial growth. Meats may be packed while still frozen so that they stay colder longer. Consider packing beverages in one cooler and perishable food in another. That way, as picnickers open the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures. Once you've served a cold item, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it. Hot food should be kept at or above 135° F. Wrap it well and place it in an insulated container until serving. Just as with cold food, these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe. When grilling or tailgating, bring along the meat thermometer and ensure foods are cooked thoroughly.

The Division of Public Health recommends the following temperatures:

- Steaks and roasts - 145°F
- Fish - 145°F
- Pork - 145°F
- Hamburgers and brats - 155°F
- Egg dishes - 155°F
- Chicken breasts and whole poultry - 165°F
- Shrimp, lobster, and crabs cook until pearly and opaque. Clams, oysters, and mussels cook until the shells are open.

Don't cross-contaminate. Be sure to keep raw meats securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten. For more information, visit www.fda.gov.

IMMUNIZATION UPDATE

Males are Now Eligible for Gardasil®

Genital human papillomavirus (HPV) is the most common sexually transmitted virus in the United States. More than half of sexually active men and women are infected with HPV at some time in their lives. About 20 million Americans are currently infected, and about 6 million more get infected each year. HPV is usually spread through sexual contact.

Most HPV infections don't cause any symptoms, and go away on their own. But HPV can cause cervical cancer in women. Cervical cancer is the 2nd leading cause of cancer deaths among women around the world. In the United States, about 10,000 women get cervical cancer every year and about 4,000 are expected to die from it. HPV is also associated with several less common cancers, such as vaginal and vulvar cancers in women and other types of cancer in both men and women. It can also cause genital warts and warts in the throat. There is no cure for HPV infection. For more information on HPV vaccine, visit <http://www.cdc.gov/vaccines/vpd-vac/hpv/default.htm> or www.gardasil.com.

Sheboygan County Division of Public Health can provide Gardasil® to all children 9-18 years of age.

Parents: Get Immunized with your Kids!

Now through August 31st, **ADULTS** ages 19-26 can also make an appointment for Gardasil® at Public Health. In addition to Gardasil®, for this limited time, Public Health will also offer the following: for adults age 19 through 64, Tdap (Tetanus, diphtheria, pertussis) and Chickenpox (Varicella), and for those over 64, Td (Tetanus, diphtheria). Hepatitis A and B vaccine is also available to adults with certain risk factors.

Call Public Health to make an immunization appointment at (920) 459-3030.

For more vaccine information visit:
http://www.co.sheboygan.wi.us/html/d_hhs_pblchlth_immunization.htm or
<http://dhs.wisconsin.gov/immunization/adult.htm>