



HD Healthy News

Volume 1, Issue 1

Newsletter Date
Summer Edition



Heat Stress, what is it?



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Heat Stress is heat-related illness caused by your body's inability to cool down properly. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease,

mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

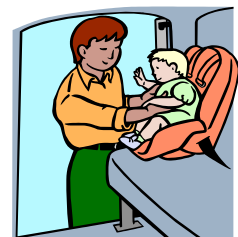
Heat stress ranges from milder conditions like [heat rash](#) and [heat cramps](#), to the most common type, [heat exhaustion](#). The most serious heat-related illness is [heat stroke](#). Heat stroke can cause death or permanent disability if emergency treatment is not provided

Anyone can develop heat stress.

However, the following groups of people have higher risks for experiencing heat stress or heat-related death:

- Infants and children up to four years of age,
- People 65 years of age and older,
- People who are overweight, and
- People who are ill or on certain medications

Be aware of children or pets in HOT cars!!



Prevention: Heat-related death or illnesses are preventable if you follow a few simple steps. **Check out the inside cover for Tips...**

Drinking plenty of water is also important for healthy skin. Another interesting fact: sometimes our body confuses a thirst signal for a hunger signal, which is why drinking a glass of water before a meal or snack is a common weight management tip.

The Importance of Good Hydration!

Why is being hydrated so important?

To answer this question, consider the following functions of water in our bodies:

- in saliva and stomach secretions it helps to digest food
- in blood, it helps transport nutrients and oxygen

to all the cells of the body

- in body fluids, it helps lubricate joints and cushions organs and tissues
- in urine, it carries waste products out of the body in sweat,
- It removes body heat generated during exercise.



Sun Safety

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.



Be safe in the sun!!!

CDC recommends these easy options—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and both UVA and UVB

protection.

- Avoid indoor tanning.

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.



Heat Stress Continued from page 1... Prevention

"Stay hydrated at all times"
Watch out for elderly neighbors at risk for Heat Stress & Don't forget your pets!!!

Some prevention steps...

- Stay in an air-conditioned area during the hottest hours of the day. If you don't have air conditioning in your home, go to a public place such as a shopping mall or a library to stay cool. Cooling stations and senior centers are also available in many large cities for people of all ages.
- Wear light, loose-fitting clothing.
- Drink water often. Don't wait until you are thirsty.
- Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.
- Avoid unnecessary sun exposure. When in the sun, wear a hat, preferably with a wide brim.
- Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day



Pool Safety

You can choose to swim healthy! You have the power to help keep germs out the water in places we swim in the first place. Remember, chlorine and other disinfectants don't kill germs instantly. Additionally, the mixing of chlorine with pee and sweat uses up the chlorine in the pool, which would otherwise kill germs.

We all share the water we swim in, and each of us needs to do our part to help

keep ourselves, our families, and our friends healthy. To help protect yourself and other swimmers from germs, here are a few easy and effective steps **all swimmers** can take each time we swim:

Keep the poop, germs, and pee out of the water.

- Don't swim when you have diarrhea.
- Shower with soap before you start swimming.
- Take a rinse shower before you get back into the water.

- Take bathroom breaks every 60 minutes.
- Wash your hands after using the toilet or changing diapers.
- *Don't swallow the water you swim in***

Parents of young children should take a few extra steps:

Take children on bathroom breaks every 60 minutes or check diapers every 30–60 minutes.

Change diapers in the bathroom or diaper-changing area and not at poolside where germs can rinse into the water.

Think Healthy. Swim Healthy. Be Healthy!

Kale Pasta Salad (Great Summer Side Recipe)

Prep Time: 10 Minutes **Cook Time:** 15 Minutes **Difficulty:** Easy **Servings:** 12

Ingredients

1 pound Bowtie Pasta (farfalle)
3 Tablespoons Pine Nuts
1/4 cup Olive Oil
6 cloves Garlic, Minced
2 teaspoons Salt, More To Taste
1 teaspoon Black Pepper, More To Taste
1 bunch Kale, Finely Sliced
4 ounces, weight Parmesan Cheese, Shaved
2 Tablespoons Balsamic Vinegar (optional)

Preparation Instructions

Cook pasta according to package directions. Drain, rinse with cold water, and add to a large bowl. Set aside.
Add pine nuts to a small skillet over low heat.

Toast slowly over the course of 8-10 minutes, tossing regularly. Remove from the skillet and set aside.

In a large skillet, heat olive oil and garlic over low heat so that the garlic slowly infuses the oil. When the oil starts to cause the garlic to sizzle, stir around so the garlic doesn't get too brown. When garlic starts to turn golden, add salt and pepper, stir, and set aside for 5 minutes.

After 5 minutes, pour the oil mixture (scraping the salt, pepper, and garlic) all over the bowtie pasta. Toss to combine and set aside.

Set the same skillet (without cleaning it) over medium-high heat. Add the kale and cook for

5 minutes, or until partly wilted.

Add kale and pine nuts to the pasta and toss it all together. Check to make sure it's no longer warm, then add Parmesan shavings and toss. Taste for seasonings and add more salt and pepper if needed.

Chill for at least 2 hours before serving.

(Hint: This is great warmed up and served as a hot pasta dish!)

(Optional: May add 2-3 tablespoons balsamic vinegar if desired.)



- When you are finished grilling, let the coals completely cool before disposing in a metal container.

Propane grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas, immediately get away from the grill and call the fire department. Do not move the grill. www.nfpa.org

Grilling Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cook-out. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

- Never leave your grill unattended.

Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

Proper Cooking Temperatures

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

MEATS

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum

internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

GROUND MEATS

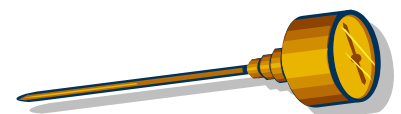
Cook all raw ground beef, pork, lamb,

and veal to an internal temperature of 160 °F as measured with a food thermometer.

POULTRY

Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer.

NEVER partially grill meat or poultry



Contact

Pequannock Township Health Department

Serving the towns of
Bloomingdale, Florham Park,
Kinnelon and Riverdale



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Links

Upcoming Events

<http://thepioneerwoman.com/cooking/2014/07/kale-pasta-salad/>
Pioneer Woman Recipe above for Kale Pasta Salad

August is Immunization Awareness Month

<http://www.nphic.org/niam/>

Awareness Month (#NIAM14).

The purpose of this observance is to highlight the importance of immunizations, one of the top 10 public health accomplishments of the 20th Century, according to the Centers for Disease Control & Prevention (CDC).

While immunizations have significantly reduced the incidence of many serious infectious diseases, vaccination rates for some diseases are not meeting national public health goals.

We need to remind people that immunizations aren't just for children. They are needed throughout our lifetime.

