



Healthy Living Update

Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health



SUMMER SAFETY TIPS

Finally it is summer!! No more worry about frostbite and sledding injuries. Now we have new worries for the summer.

Here are some summer safety tips:

Bicycling/skateboarding/scooting – Always wear a helmet! Adults included! Helmets are the most effective safety device for reducing head injury. Helmets should fit snugly and cover the forehead.

Ensure proper bike fit. Do not wear long or loose clothing. Check reflectors, brakes, gears, and tires before each ride. Ride on the right side of the road, use hand signals, stop at stop signs and stoplights.

Swimming – Learn to swim. Lessons are available through the YMCA and Bismarck Parks and Rec. Always swim with a buddy. Know your water conditions. Water wings and noodles are toys; they do not take the place of approved life jackets. Learn CPR. Always supervise children in and around water, give them your undivided attention. Drowning is the leading cause of injury-related death among children ages 1-4.

Fireworks – Sparklers can be fun but they can heat up to 1200°F. Use glow sticks instead. Leave fireworks to the professionals. If lighting your own fireworks, do not wear loose clothing. Always have water, a fire extinguisher and first aid kit handy.

Cars and Kids – NEVER leave a child alone in a vehicle, not even for a minute. On an 80°F day, in just 20 minutes the inside of a car is 109°F. Put your purse or phone in the back seat and diaper bag in the front. Call 911 if you see a child alone in a vehicle.

Source: Safe Kids Worldwide, www.safekids.org

This Month at Public Health:

Immunization Clinics:

- July 7 – 1:00-6:00 pm
- July 11 – 1:00-5:00 pm
- July 17 – 1:00-6:00 pm
- July 22 – 1:00-6:00 pm
- July 31 – 1:00-6:00 pm

OPOP:

- July 8
- July 14
- July 21

Cholesterol Screenings:

- July 22

Holiday Closings

- July 4 – Independence Day

Spotlight on Diversity

*Strength lies in differences,
not in similarities*

- Stephen R. Covey

BBPH and Burleigh County Extension team up to provide monthly cooking demos!

Where: Dan's Supermarket-Bismarck South Location

Time: 3-6pm

When: Tues, July 1

Fri, August 1

Tues, September 2



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The Perfect Picnic...Handling Food Safely

What better way to celebrate a beautiful summer day than with a picnic outside at the park or in your own backyard. Here are some tips to keep your picnic perfectly safe:

- 🕒 **Plan ahead...** don't forget essential items such as a food thermometer, cooler with ice, clean utensils, storage containers for leftovers, paper towels, and trash bags. Find out ahead of time if you have running water and trash receptacles at the site.
- 🕒 **In preparation...** don't thaw meat on the counter—that's not safe! Thaw food in the fridge or cook from the frozen state. Cooking frozen meat will take approximately 50% longer than the recommended time. Place perishable foods, such as burgers, deviled eggs, or ready-to-eat salads in a well-insulated cooler with plenty of ice. They need to be kept cold.
- 🕒 **When you arrive at the picnic site...**the first task is to wash your hands before preparing food. If running water is not available, use disposable wet wipes or hand sanitizer to clean your hands before and after touching food.
- 🕒 **Don't leave food out in the sun...**keep the cooler in shade. Serve food quickly from the cooler and return it fast. In hot weather, above 90F, food shouldn't sit out of the cooler over one hour.
- 🕒 **Cook meat and poultry to a safe internal temperature...**use a food thermometer to be sure! Just because a food looks done on the outside doesn't mean it is done on the inside.
- 🕒 **Serving food items...**use a clean platter. Don't use the same plate and utensils for cooked food that were used for raw food.
- 🕒 **Leftovers...**don't forget to unpack the cooler as soon as you return home. Refrigerate leftover meats and salads that have stayed cold; discard if they have become warm.

Source: Info adapted from www.foodsafety.gov

Back-to-school Vaccinations: Are you ready?

It seems like summer just started, but parents of Kindergartners and 7th graders already need to be thinking about school vaccinations. The ND State Immunization program has sent out reminder letters to parents of children who are behind on their "school shots". These vaccinations need to be completed before school starts this fall.

So what do Kindergartners and 7th graders need?

Kindergartners need documentation of: 5 DTaP, 4 IPV (Polio), 3 Hepatitis B, 2 MMR, and 2 Chickenpox

7th graders need documentation, also, of: 1 Tdap and 1 Meningococcal

Parents don't wait till the week before school starts to call for appointments for these vaccinations! All clinics, including Public Health are very busy getting your children in that week!! Do it now!

Most colleges require 2 doses of meningococcal vaccine for the incoming freshmen. That second dose is to be given after age 16, so don't wait!