

Highlight on Health

A Bismarck-Burleigh Public Health Publication

Important Dates

July 4 - Independence Day; Office will be closed

June 14 - Flag Day

July 6 - Dad and Daughter Take a Walk Day

July 20 - Statewide Public Health Nursing Conference, 7:30am to 4:30pm at the Ramada

July 28 - World Hepatitis Day

Public Health

Note: All dates listed are for the month of July.

Car Seat Distribution - 7, 14

Cholesterol Testing - 14

Community Car Seat Check - 7, 14

Immunization Clinic - 6, 10, 13, 17, 24, 27, 31

OPOP - 7, 10, 11, 17

Well Baby Clinic - 7

Summer the time to focus on Food Safety



Burgers, sausages, pork and chicken must be cooked thoroughly making sure the meat is steaming hot, juices run clear and there is no pink meat.

Summer is here and that means outdoor meals, such as holiday celebrations, family reunions, barbeques, and picnics. It is also the opportunity for you, or your friends and family, to become ill.

CDC estimates that 48 million people get sick, 120,000 are hospitalized, and 3,000 die from foodborne diseases each year in the U.S. Many of these illnesses can be easily averted by following safe food production practices.

- Store raw meat separately from ready-to-eat foods. These items should be covered, on the bottom shelf of your fridge.

- Cook burgers, sausages, pork and chicken thoroughly. Make sure the meat is steaming hot, juices run clear and is not pink.
- Burgers should be cooked all the way through and not served rare or pink.
- Once served, dishes should sit out no longer than 2 hours, or 1 hour if it is very hot.
- Any food with a 'use by' date needs to be kept chilled and out of the sun until serving.
- Check regularly that your fridge is cold enough. The coldest part should be below 5°C.
- Don't overfill your fridge. This allows air to circulate and maintains the set temperature.

Source: Food Standards Agency, CDC



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World Hepatitis Day Set for July

World Hepatitis Day is an opportunity to add momentum to all efforts toward the World Health Organization's first global health sector strategy on viral hepatitis.

As of the conclusion of 2015, nearly 325 million people worldwide lived with chronic hepatitis. It was estimated that 257 million people were living with hepatitis B (HBV), while 71 million people were living with hepatitis C (HCV). However, only 9 percent of HBV- and 20 percent of HCV-infected persons had been diagnosed. Only 8 percent of the people diagnosed with HBV were receiving treatment, as compared to 7 percent of individuals with HCV were receiving treatment.

This year's World Hepatitis Day, July 28, centers on how hepatitis is relevant to everyone, everywhere in the world.

Source: World Health Organization

From the Director's Desk

Renae Moch, MBA, FACMPE



We are in the midst of a North Dakota summer! Summer is a time for campfires, barbecues, and fireworks, but it can also bring fires and burn injuries due to fireworks and outdoor cooking.

Know how to prevent a burn while enjoying these outdoor activities:

- Keep a 3-foot safe zone around grills, fire pits and campfires to prevent injuries.
- Use long-handled barbecue tools and wear short sleeves when cooking on the grill or near an open flame.
- Attend public fireworks displays and leave the lighting to professionals.

If you or a family member suffers a burn, follow these guidelines:

First Aid For Minor Burns

- Place the burn in cool (not cold) until pain subsides
- Cover the burn with a clean, dry cloth
- See a doctor if the burn is larger than your palm

Tips From Ophthalmologists That Will Protect Your Eyes

The days are longer, the sun is hotter and out comes the sunscreen. But summer revelers looking forward to sizzling hot fun in the sun shouldn't overlook their eyes from damaging ultraviolet rays, warns Bismarck-Burleigh Public Health and the American Academy of Ophthalmology.

In support of UV Safety Month in July, Bismarck-Burleigh Public Health joins the Academy in sharing information on how to keep eyes safe from sun damage. Excess sun exposure can put people at risk of short-term and long-term eye problems. Here are five things people can do to cut their risk of damage from the sun:

- **Wear the right sunglasses.** Look for those labeled "UV400"



or "100 percent UV protection" when buying sunglasses. Less costly sunglasses with this label can be as effective as the expensive kind. Darkness or color doesn't indicate strength of UV protection. UV rays can go through clouds, so wear sunglasses on overcast days.

- **Don't stare at the sun.** Directly gazing at the sun can burn holes in the retina, the light-sensitive layer of cells in

the back of the eye needed for central vision.

- **Check your medication labels.** 1 in 3 adults uses medication that could make the eyes more vulnerable to UV ray damage, according to a sun safety survey by the Academy.
- **Put a lid on it.** In addition to shades, consider a hat.
- **Don't drive without UV eye protection.** A recent study found side windows blocked 71 percent of rays, compared to 96 percent in the windshield. 14 percent of side windows provided enough protection.

Find more info on how to protect your eyes from the sun at the [Academy's EyeSmart website](#).

Source: American Academy of Ophthalmology