

Healthy Otsego

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What Says Summer More than Bicycles

While bicycles can be a fun and healthy mode of transportation, more than 20,000 New Yorkers are treated in Emergency Departments (ED) or are hospitalized due to bicycle-related injuries every year, with half of these injuries occurring between June & August.

In New York State, 65% of the people hospitalized and 85% of those who are treated and released from EDs due to bicycle-related injuries during the summer months have been injured in incidents that did not involve cars or other motor vehicles. They may have fallen off their bikes or gotten fingers caught in the spokes or had mechanical breakdowns that led to injuries.



Typically, brain injuries are among the most serious injuries sustained by bicyclists. State law requires that bicycle operators and passengers under the age of 14 wear protective headgear.

Under state law, infants under age one cannot ride as passengers on bicycles or be carried in packs fastened to bicycle operators.

Children between the ages of 1 and 5 who are passengers on bicycles should be placed in separate seats attached to bicycles that both retain the child in place and protect them from the moving parts of the bicycles.

The keys to safe cycling are wearing a properly fitted helmet, having your bike in good working order and knowing the rules of the road.

Bicycle Safety Tips:

- Always wear a helmet.
- Make sure your bicycle is in good working order.
- Use a horn or bell.
- Ride one person to a bicycle unless the passenger is a child between the ages of one and five restrained in an appropriate bicycle safety seat.
- Always ride with, not against, traffic.
- Obey all traffic lights and signs and signal all turns.
- Ride single file.
- When riding, stay to the right, but leave enough room to steer around road hazards and avoid car doors that may suddenly swing open
- If you're riding at night, make sure your bike has reflectors and a headlight and tail light. Consider using additional lighting and reflective bands, vests and clothing to increase your visibility.

MISSION STATEMENT

"The mission of the Otsego County Public Health Department is to respond to the public health challenges in a changing environment. We employ current public health knowledge and best practices to control disease, prevent injuries, promote and encourage healthy behaviors and assure the accessibility of quality health services. We partner with the state health department, county health departments, local health care providers, community organizations and the residents of Otsego County in building a healthier and safer community."

Six Steps of Healthy Swimming: Protection Against Recreational Water Illnesses (RWIs) You Can Choose to Swim Healthy!



Healthy Swimming behaviors will help protect you and your kids from RWIs and help stop germs from getting in the pool in the first place.

Here are six steps that promote Healthy Swimming:

Three Steps for All Swimmers

Keep germs from causing illnesses (RWIs) at the pool:

- **Please** don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- **Please** don't swallow the pool water. Avoid getting water in your mouth.
- **Please** 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.

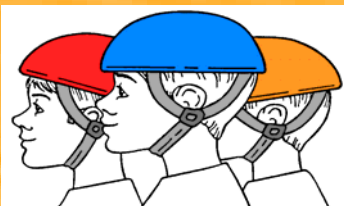
Three Steps for Parents of Young Kids

Keep germs out of the pool:

- **Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- **Please** change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.
- **Please** wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.

Source: Centers for Disease Control

http://www.cdc.gov/healthyswimming/6_steps.htm



WRONG! RIGHT! WRONG!

DID YOU KNOW...??? Otsego County residents can get a bike helmet from The Otsego County Department of Health (a donation of \$5.00 is appreciated). Call 607-547-6421 to make an appointment for a fitting.



Barbecue Food Safety Tips

Many people enjoy outdoor grilling in the summer months. Here are some tips to avoid food poisoning caused by germs growing too quickly in the summer months.

Meats must be cooked to the proper temperature to assure safety. Germs such as E-coli and salmonella CAN STILL BE PRESENT in UNDERCOOKED meats such as hamburger and chicken. These germs can cause severe illness and even death. While the juice color will usually change from red to gray when the meat is fully cooked, it is not a reliable test to assure it is safe to eat. Always check the temperature with a meat thermometer.

Foods that reach the temperature listed or higher are fully cooked:

- Chicken 165 degrees F
- Hamburger 160 degrees F
- Pork 150 degrees F
- Hot dogs 140 degrees F
- Leftovers 165 degrees F
- Eggs 145 degrees F
- Other foods 140 degrees F



WHILE YOU ARE SERVING FOOD:

- Serve the first-cooked meals first. Make sure the food is used before the temperature drops under 140 degrees, and within two hours.
- Cold foods need to be kept cold. Keep them refrigerated (at 40 degrees F) or stored in coolers with lots of ice until ready to eat.
- Refrigerate any leftovers immediately! Never leave food at room temperature for more than two hours.

WHENEVER WORKING WITH FOOD:

- Leave the food preparation area to smoke, eat or drink.
- When you return, wash your hands thoroughly before handling any food.
- Wash your hands after any contact with unclean surfaces – after handling trash or raw meat, eating or smoking, using the bathroom, handling pets, or dirtying your hands during any activity.
- Wipe surfaces often, especially after using them for food preparation. Mix and use a sanitizer solution of one capful of chlorine bleach per gallon of water for cleaning work area surfaces.
- Marinate food in the refrigerator. Don't taste the marinade or re-use it after raw meat has been added.
- Keep flies away!
- Do not use fly spray or "No Pest" chemical strips – they can contaminate food.
- Do not store food containers out in the open; rather, place them in the shade.
- Keep plates, cups, utensils and food covered until ready to use.
- Never re-use plates before washing them, especially plates used to hold raw meats or eggs.
- DO NOT prepare and serve food if you have been sick with vomiting or diarrhea within the past 24 hours.

For more information call:

New York State Health Department's Environmental Health INFOLINE at 1-800-458-1158.



3 out of 4 car seats **are not** installed properly.

That means 3 out of every 4 adults thought they were doing the right thing.

Free Car Seat Check

The Otsego County Department of Health
We Care Too

To make an appointment call 607-547-4230

Prevention Tips to Protect Yourself from Heat-related Stress:



- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the

weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)

- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.



UPCOMING HEALTH EVENTS

Immunization Clinics: You must pre-register prior to the clinic date. Call 547-4230. Children receiving immunizations must bring shot records.

All immunization clinics are 1:00 to 3:00 pm.

- 07/06/09 Oneonta Clinic
- 07/13/09 Cooperstown
- 07/20/09 Oneonta Clinic
- 07/27/09 Cooperstown

Free Rabies Clinics: All pets must be controlled by their owner. Dogs should be on a leash, cats and ferrets should be in a pillow case or carrying case

- 07/16/09 6:00 pm-8:00 pm Morris Fire Department

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