News 4 A Healthy Shelby County

Got Allergies?

Many of us are suffering from allergies during this time of year. These allergies are usually seasonal and are caused by environmental factors such as dust or pollen. However, there are many different things that can cause allergies. Some of these include:

- Insect stings
- Foods
- Dust
- Pet dander
- Medications
- Pollen
- Mold
- Perfumes and soaps

Symptoms

Insect stings-pain, redness, swelling of the area, flushing, hives, itching, and less commonly anaphylaxis.

Foods-stomach cramping, vomiting, diarrhea, hives, shortness of breath, wheezing, trouble swallowing, tongue swelling, dizziness or feeling faint, anaphylaxis.

Dust, Pet Dander, Pollen-Sneezing, runny or stuffy nose, red, itchy or teary eyes, wheezing, coughing, tightness in the chest and shortness of breath, itching.

Medications– skin rash or hives, itching, wheezing, swelling, anaphylaxis.

Mold-Nasal congestion, runny nose, sneezing, irritated eyes, coughing, wheezing, itchy throat. Can trigger or aggravate asthma symptoms.

Perfumes, Soaps, Fragrance-hives, eczema skin rash, bumps, itching, burning.

Diagnosis & Testing

Skin tests are the most widely used method of identifying these allergens. During a skin test the body is exposed to a small amount of the substance and the reaction is observed over time.

Blood tests can check to see if your body is reacting to certain allergens.

With food allergies, an elimination diet can be used to help determine which food is the allergen, but only if you have not experienced anaphylaxis. In that case, allergy testing is urgent.

Swim Healthy. Stay Healthy.

Katie's Korner

Reducing the risk of waterborne illnesses when swimming in natural bodies of water- Natural, uncontrolled bodies of water such as streams, lakes and ponds all have naturally occurring bacteria at certain levels and some may contain pollutants. However, if you practice healthy swimming habits, you can enjoy these bodies of water and reduce the potential for becoming ill.

In addition to visible pollution such as debris or trash, water can contain contaminants that cannot be seen. This may occur from natural events such as runoff after a storm and waste from wildlife, waterfowl, pets and farm animals. Other events that may contribute to water pollution include sewage sources such as bypasses from sewage pump stations, storm water sewer overflows, sewage spills, seepage from failing septic systems and boat waste discharge.

What is a waterborne illness?

Bacteria, viruses and parasites in water may cause a "waterborne illness." When people are exposed to too many of these microorganisms while enjoying activities that involve body contact with recreational water, they can become ill. Because the number of potential pathogens is too vast to monitor individually, indicator organisms, such as *Enterococci* and *E. Coli*, are monitored and used to assess recreational water quality.

What are the symptoms of waterborne illness?

Symptoms of waterborne illnesses are varied but may include abdominal cramps, diarrhea, vomiting, fever, headache, or infections of the eyes, ears, or skin. Symptoms seldom appear immediately after exposure. Most symptoms will occur within 1-3 days but some illnesses may take as long as 4 weeks after swimming.

How can I reduce my risk of waterborne illness?

Pay attention to signage and avoid swimming in waters that are closed or under advisory because of pollution or other risks.

Avoid swimming or playing in water that is stagnant or smells unpleasant, is unusually cloudy, has unusual color, or has excessive algae growth.

Avoid swimming or playing in natural waters immediately after a heavy rain event.

Do not swim or play in water near sewer pipes, discharge pipes, or storm drain outlets.

Do not swim in water that is also frequented by livestock or other land animals.

Do not swim in areas containing a large number of dead fish or other dead animals in or near the water.

Avoid getting the water in your mouth and do not drink or swallow water from lakes, streams, ponds or other swimming areas.

Reduce the risk of water going up your nose by holding your nose shut or using nose clips when taking part in water-related activities at lakes, streams, ponds or other swimming areas.

Never swim with open sores. Promptly tend to any wounds, cuts or abrasions you get while in or near the water: thoroughly wash the wound with clean water and soap, and seek a doctor's care if redness or swelling develops around the wound.

Shower with soap and clean source of water as soon as possible after swimming or playing in the natural water body.

If you have a weakened immune system, check with your doctor before swimming. Wash your hands before eating or drinking or use hand sanitizer if clean water is not available.

MAY 31
SITTER SAFE CLASS

Babysitting Course

The Shelby County Health Department is offering a babysitting course to prepare a child for babysitting or staying home alone. The class will be designed for children that have completed the 4th grade and above. This is a one day course from 9am to 3:30PM. Your child will learn how to care for infants through school age children; and perform task such as diapering, preparing simple healthy meals, and appropriate age-related games. In addition to handling emergencies; we will focus on safe care of infants and children. CLASS WILL BE HELD AT THE SHELBINA LIBRARY.

Become a safe & successful sitter

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Hands on learning activities

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Learn lifesaving skills

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First Aid Tips

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Safety Grab Bags

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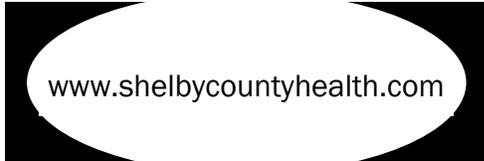**Lunch & Snacks Provided**

SHELBY COUNTY HEALTH DEPARTMENT

700 E Main PO Box 240
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573-633-2353

Drop off or mail sign-up sheet with $10 fee attached to reserve your spot! First 20 will fill the class!

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We have your best interest at heart.

Recipe of the Month

Field Friendly Series

Bacon Cheeseburger Pockets

Ingredients:

1 lb ground beef

8 oz shredded cheddar cheese

4 slices bacon, cooked, crumbled

1 pkg (2 crusts) ready-made pie crust

1/4 tsp onion powder

Salt & pepper to taste

Directions:

Cook bacon, drain, and crumble. In separate skillet, brown ground beef, add salt, pepper, and onion powder, then drain. Remove pie crusts and unroll. Cut crusts into heart shapes with cookie cutter or simply cut each crust into four equal parts. Put 1/4 cup hamburger, in middle of each crust quarter then top with cheese and bacon and top with another crust. Use fork to seal edges. Place on cookie sheet sprayed with cooking spray. Bake at 400°F for 15-20 minutes or until golden brown.