



News & Healthy Shelby County

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That's Cold!

January is a month that is notorious for being cold. Many of us, especially kids, enjoy spending time outdoors in the snow. Too much time outdoors, or time spent without proper covering can be dangerous to our health. This article will address some of these common health concerns.

Frostbite

This occurs when there is actual freezing of body tissues. The areas most often affected are: ears, nose, fingers and toes.

Warning signs:

- Skin that is pale, waxy white, or grey
- Numbness
- Stinging, tingling, or aching of affected body part
- Reduced blood flow

Treatment:

- Move to warm, dry area
- Remove wet clothes
- Avoid walking on frostbitten feet or toes
- Gently place affected area in warm water—DO NOT use water hotter than 105°F.
- DON'T use a heating pad, heat lamp or stove, fireplace or radiator for warming on affected body parts
- DO NOT rub affected area, this can cause more damage
- After warming, wrap injured area in sterile gauze, with affected fingers and

toes separated

- If normal sensation has not returned in 30 minutes, seek medical attention

Hypothermia

Hypothermia is characterized by an abnormally low body temperature and is more dangerous than frostbite. It can quickly become life threatening. If body temperature drops below 86°F, death can occur.

Warning Signs:

- Shivering that is uncontrollable. In severe cases, shivering stops
- Numbness
- Apathy
- Weakness
- Glassy stare
- Drowsiness
- Slow or slurred speech
- Exhaustion
- Loss of consciousness

What to do:

- Call 911
- Gently move to warm place
- If needed, do CPR
- Remove wet clothes
- Dry off victim
- Take victims temperature
- Do not warm extremities first, warm core. This can lead to shock and heart failure

Special points of interest:

- When treating for hypothermia, DO NOT warm the victim too fast. This may lead to heart arrhythmias.
- Always warm body core first when dealing with hypothermia. Warming extremities first can cause shock and can also lead to heart failure.



Put A Freeze On Fires

House and structure fires are the third leading cause of death for children ages 1 to 14. In 2015, 232 children in this age group died from fire and smoke inhalation.

Cooking equipment is the leading cause of home structure fires and fire injuries, followed by heating equipment, according to the NFPA. Other causes include smoking, electrical problems, children playing with fire and candles.

Safety Tips:

Before a Fire:

- Twice each year, practice your home fire escape plan
- Find two ways to get out of each room in the event the primary way is blocked by fire or smoke
- A secondary route might be a window onto a neighboring roof or a collapsible ladder for escape from upper story windows
- Make sure that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened
- Practice feeling your way out of the house in the dark or with your eyes closed
- Teach children not to hide from firefighters

Smoke Alarms: A working smoke alarm significantly increase you chances of surviving a deadly home fire

- Install both ionization AND photo-electric smoke alarms, OR dual sensor smoke alarms.
- Test batteries monthly.
- Replace batteries in battery-powered and hard-wired smoke alarms at least once a year.
- Install smoke alarms on every level of your home, including the basement, both inside and outside of sleeping areas.
- Replace the entire smoke alarm unit every 8-10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking- it can be a deadly mistake.

During a Fire:

- Crawl low under any smoke to your exit—heavy smoke and poisonous gases collect first along the ceiling
- Before opening a door, feel the door-

knob and door. If either is hot, or if there is smoke coming around the door, leave the door closed and use your second way out.

- If you can't get to someone needing assistance, leave the home and call 9-1-1 or the fire department.
- If your clothes catch fire, stop, drop, and roll

Prevent Home Fire: Home fires are preventable!

The following are steps that each of us can take to prevent a tragedy.

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of the time, turn off the stove.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.
- Never smoke in a home where oxygen is used, even if it is turned off. Oxygen can be explosive and makes fire burn hotter and faster.
- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately and do not run cords under rugs or furniture.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.
- Keep combustible objects at least three feet away from portable heating devices.
- Buy only heater evaluated by a nationally recognized laboratory, such as underwriters laboratories.
- Check to make sure the portable heater has a thermostat control mechanism, and will switch off automatically if the heater falls over.
- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.

Dangers of Window Blinds

According to the Consumer Product Safety Commission, nearly one child dies each month after becoming entangled in a window-covering cord.



Accessible window covering cords are considered one of the top hidden dangers in the home and pose a deadly strangulation hazard to young children nationwide.

Death by strangulation as well as life-altering injuries can occur anywhere there are exposed cords from the window blind. These cords can become wrapped around the child's neck or they can become entangled in the loops formed by the cords, some of which are not clearly visible.

Prevention

- Purchase cordless window coverings in homes where small children are present.
- Check all shades and blinds for cords in front, back and sides for any that may be hidden.
- Keep cribs and beds away from windows where there are shades or blinds present.
- Check that cords are out of reach of children and that there are no dangerous loops.



If you cannot afford new, cordless window coverings, contact the Window Covering Safety Council at 800-506-4636 or at www.windowcoverings.org for a free

repair kit to make them safer.

Future Regulations?

The Consumer Product Safety Commission along with the Window Covering Manufacturers Association (WCMA) and American National Standards Institute, issued a voluntary safety standard to address looped window blind cords. These standards have been revised numerous times to reduce various strangulation risks associated with window blinds.

A recent study by the American Academy of Pediatrics has brought new light to the subject of window-covering safety. Also in 2017, the WCMA proposed revising the current standard to completely eliminate the use of cords on all window blinds purchased off the shelf. However, this would not apply to those blinds that are custom-made, which applies to one-quarter of window blinds on the market. These new standards have not yet gone into effect, but efforts are ongoing.

Previous prevention attempts have included safe storage of blind cords, education by physicians, retrofitting blinds with safety kits, and parental supervision. The majority of caregivers are aware of the danger, but most do not take action to correct it. Reengineering blinds in order to design the problem out of existence is the next strategy to save the lives of young children.

Even though the need for these standards is clear, there are currently no regulations in existence. In the meantime, caregivers are encouraged to follow preventative measures as mentioned in this article.



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*We have your best
interest at heart.*



January Blood Pressure Clinic

17 Shelbina Nutrition Site 11am-12pm

Due to low numbers, we have been forced to decrease the number of Blood Pressures Clinics we do each month. If you have a monthly group that meets in Shelby County during a weekday and you would be interested in having someone come take blood pressures for your group, please give us a call!

For more info go to:

www.cdc.gov

www.pediatrics.aappublications.org

www.cpsc.gov

www.windowcoverings.org

Recipe of the Month

Aussie Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tsp seasoning salt
- 6 slices bacon, halved
- 1/2 cup prepared yellow mustard
- 1/2 cup honey
- 1/4 cup light corn syrup
- 1/4 cup mayonnaise
- 1 Tbsp onion flakes
- 1 Tbsp vegetable oil
- 1 cup sliced fresh mushrooms
- 2 cups shredded Colby-Jack cheese
- 2 Tbsp chopped parsley (optional)

Directions:

Sprinkle chicken breast with seasoning salt, cover and refrigerate for 30 minutes. Preheat oven to 350°F. Place bacon in

large, deep skillet. Cook over medium heat until crisp. Set aside. In a medium bowl, combine the mustard, honey, corn syrup, mayonnaise and dried onion flakes. Remove half of sauce, cover and refrigerate for later.

Heat oil in large skillet over medium heat. Place chicken breasts in skillet and sauté for 3 to 5 minutes per side. Remove from skillet and place chicken breasts in 9x13 baking dish. Apply honey mustard sauce to each chicken breast then layer with mushrooms and bacon. Top with cheese. Bake in preheated oven for 15 minutes or until cheese is melted. Garnish with parsley and serve with reserved honey mustard sauce.

