

News 4 A Healthy Shelby County

Stay Cool This Summer

Each year hundreds of people die due to extreme heat. Sadly, heat-related illnesses are preventable, yet cause many deaths yearly. There are measures that can be taken to stay cool, keep hydrated, and be informed. High humidity along with other factors such as age, obesity, fever, dehydration, heart disease, poor circulation, as well as prescription drug and alcohol use can all play a role in your body's ability to cool off during hot weather.

Those over 65 and under 2 years of age are at the highest risk during extreme heat. Be sure to closely monitor those in these age groups. Be sure they are staying hydrated, and have access to air conditioning. Below are tips for those at greatest risk for heat-related illness:

- Air-conditioning is the best way to keep cool during hot weather. If your home is not air-conditioned, call your local health department to locate cooling centers.
- Fans should **not** be your primary cooling device during extremely hot days.
- Drink water throughout the day and don't wait until you are thirsty.
- Check on friends and neighbors and have them check on you as well.
- Don't use appliances such as stove, oven, or clothes dryer. They can heat up your house.

Strenuous activity can make even young and healthy people sick during hot weather. Here are some tips for staying safe outdoors during the heat.

- During midday when the sun is hottest, limit outdoor activities. If you have to be outside, take frequent breaks and drink extra water.
- Wear and reapply sunscreen as directed.
- Pace yourself.
- Wear light-colored, loose-fitting, lightweight clothing.

If you are coaching a sport this summer, follow these guidelines to protect athletes from heat-related illness:

- Schedule practices early or late in the day when it is cooler.
- Take frequent breaks so athletes can cool down and offer water or sports drinks throughout practice.
- Monitor the condition of players closely and watch for muscle pain or cramping, dizziness, nausea, headache, confusion, or fainting. These can all be signs of heat-related illness.
- Seek medical care **immediately** if an athlete has heat-related symptoms.

Special points of interest:

- > If you are coaching a sport during extreme heat, always monitor players for signs of overheating such as muscle cramps, dizziness, nausea, flushing, headache, confusion, or fainting. Be sure to offer frequent breaks and have water or sports drinks available.

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Home Alone

For anyone considering whether it is alright to leave a child at home alone, there are important safety and legal guidelines to consider before leaving any child unsupervised for any extended period of time.

Whether a child is going to stay home alone should depend on the child's maturity and comfort level. A general rule is that no child less than eight years of age should be left alone for any extended period.

If the child is going to go home after school, it's a good idea to have them call to check in when they get home. For an older child, set ground rules about whether other kids can come over when the parents are absent, whether cooking is an option, and whether they can leave the home.

Other steps to take include:

- Post an emergency phone list where the children can see it. Include 9-1-1, the parents work and cell phone numbers, numbers for neighbors, and the numbers for anyone else who is close and trusted.
- Practice an emergency plan with the child so they know what to do in case of fire, injury, or other emergencies. Write the plan down and make sure the child knows where it is.
- If children have approved access to smart phones or tablets, download the free RED CROSS FIRST AID APP, so they will have instant access to expert advice for everyday emergencies.
- Let children know where the flashlights are. Make sure that the batteries are fresh, and that the child knows how to use them.
- Remove or safely store in locked areas dangerous items like guns, knives, hand tools, power tools, razor blades, scissors, ammunition and other objects that can cause injury.
- Make sure potential poisons like detergents, polishes, pesticides, lighter fluid, oil lamps and all medications are stored in locked cabinets or out of the reach of children.
- Install safety covers on all unused electrical outlets.
- Limit any cooking and what child can do; make sure at least one approved smoke alarm

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is installed and operating on each level of the home.

- Limit the time the child spends in front of the TV or computer.

Safety Steps for Children:

When talking to kids about being at home alone, parents should stress the following steps and post them somewhere to remind the child about what they should, or shouldn't do until mom or dad get home:

- Lock all the doors and if the home has an electronic security system, children should learn how to turn it on and have it on when home alone.
- Never open the door to or talk to strangers. Always check before opening the door to anyone!!
- Never open the door to delivery people or a service representative. Service representatives, such as TV cable installer, should have an appointment when an adult is home.
- Never tell someone on the telephone that the parents are not at home.
- Do not talk about being home alone on social media websites. Kids should be cautious about sharing information about their location when using chat rooms or posting on social networks.
- Never leave the house without permission. If it is okay to go outside, children should tell their parents where they are going, when they are leaving, and when they will return. If mom and dad are still at work, children should call them when they return home.
- Do not go outside to check out an unusual noise. Call parents, an adult, or the police.
- Do not have friends over when your parents aren't at home unless you have permission.

Recreational Boating Safety

With summer upon us, many are heading to the lake to enjoy some boating fun. Boating can be an enjoyable activity, but it can also be deadly if we don't practice safety. In 2015, there were 626 deaths associated with boating accidents.

The top 3 perils faced by boaters are:

- Passengers falling overboard
- A boat capsizing
- Boats colliding with one another or objects

Follow these tips to stay alive this boating season:

1. **Wear A Life Jacket**—Life jackets are the most important apparel to have when boating. Missouri law requires that a life jacket is available for every person riding on a boat. Children under seven are required by law to wear a life jacket while onboard any vessel, unless they are in a totally enclosed cabin, such as a houseboat. Any boat 16 feet or longer is also required to carry onboard a throwable personal flotation device, such as a seat cushion or ring buoy. These keep rescuers out of the water where they might drown.
2. **Sound Device**—Vessels 16 feet or longer are also required to be equipped with a sounding device. If your boat doesn't have a horn, a plastic or metal whistle can be attached to your boat keys. This way you will always have it when you are on the water.
3. **Fire Extinguisher**—Boats that have gasoline onboard must be equipped with a fire extinguisher. Be sure to make sure your extinguisher is still charged if it has been sitting all winter.
4. **Safety Ignition**—Some boats now come equipped with a safety ignition lanyard that will cut the engine in case you fall overboard. Be sure to always attach lanyard if your boat has it available.
5. **Safety Course**—Missouri law requires that anyone born after January 1, 1984 must take and pass an approved boating safety course before operating a boat on Missouri lakes. For more information, visit the Missouri State Water Patrol website.
6. **Stay Sober**—About half of Missouri's boating injuries involve alcohol. Studies show that someone operating a boat while alcohol-impaired is 10 times more likely to be killed in a boating accident than a sober operator.
7. **Watch For Other Boaters**—Don't depend on other boaters to drive safely. Always maintain a safe distance from other boats. Stay aware of boats in all directions. Take extra precautions when boating at night. It's difficult to see other boats as well as hazards when it is dark.
8. **Lights**—Always keep your lights in working order and be sure to check them before leaving the dock. Missouri law requires a 360-degree white stern light and a red and green light on the bow. Spotlights can be useful to check for hazards in the water, but the law prohibits continual display of a spotlight at night. For more info go to: <https://mdc.mo.gov/conmag/2005/05/safety-first-boating>



Boats over 16 feet long must be equipped with a sounding device, such as a horn or whistle.

Missouri law requires that a life jacket is available for every person riding on a boat.

Extra precaution should be taken when boating at night.





For more info go to:

www.cdc.gov

www.mdc.mo.gov

www.nsc.org

www.mshp.dps.missouri.gov

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Recipe of the Month

Stuffed Chicken Breasts

- Olive Oil
- 8 boneless, skinless chicken breasts
- 8 oz cream cheese, cut into 1/2 inch slices
- 8 oz cheddar cheese, cut into 1/2 inch slices
- 1 cup milk
- 1-1/2 cups Italian bread crumbs
- 1/2 cup grated Romano cheese
- Garlic salt to taste

Directions:

Preheat oven to 350°F. Lightly coat a large, shallow baking dish with olive oil. Butterfly each breast by slicing in half horizontally through the center, cutting almost but not completely

through. Place a slice of cheddar and a slice of cream cheese in the center of each breast. Return other half of breast over top of cheese mixture and set aside.

Pour milk into shallow bowl. In a separate bowl, combine breadcrumbs and Romano cheese. Carefully dip each breast in milk and then in breadcrumb mixture. Place breasts in pre-oiled baking dish, tucking edges under to seal. Season breasts with garlic salt, to taste. Bake in preheated oven for 30 minutes, or until internal temperature of chicken reaches 165°F.

