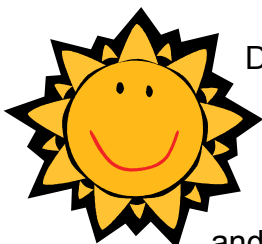


June is Swimming Pool and Summer Safety Month



Did you know that the Scott County Health Department regulates the operation and maintenance of all public swimming pools and spas within Scott and Clinton Counties? We conduct annual comprehensive inspections and investigate complaints from the public. In order to keep the pools and spas clear of germs, we rely on the patrons of the swimming pools and spas to promote and practice healthy swimming behaviors.



Below are seven suggestions that promote healthy swimming.

- Ⓢ PLEASE don't swim when you are sick, especially when you have diarrhea.
- Ⓢ PLEASE don't swallow the pool water.
- Ⓢ PLEASE shower before entering the pool.
- Ⓢ PLEASE take bathroom breaks often—change diapers in bathroom and not at poolside.
- Ⓢ PLEASE wash hands after using the toilet or changing diapers.
- Ⓢ PLEASE use sunscreen to protect your skin.
- Ⓢ PLEASE do not use blow-up toys in place of life preservers.



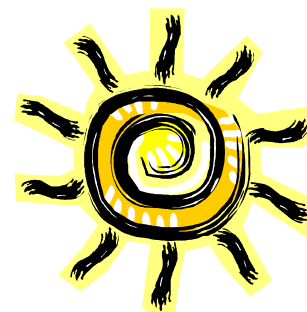
For more information on healthy swimming, visit The Center For Disease Control and Prevention's website at <http://www.cdc.gov/healthyswimming>.

Block the Sun, But Not the Fun!

The days are getting longer and the weather is getting warmer. This can mean only one thing--summer has arrived! While you enjoy your time in the sun, it is important to remember a few safety tips from the Sun Safety Alliance.

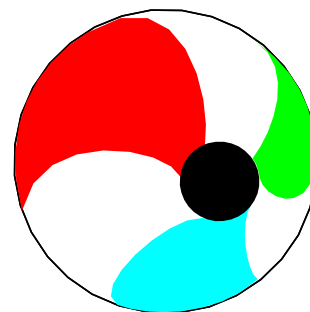


- Ⓢ Apply sunscreen whenever you are outdoors.
 - Use sunscreen with a SPF 15 or higher.
- Ⓢ Apply sunscreen every 2 hours, and after swimming, perspiring, or drying off.
- Ⓢ Wear UV protective sunglasses.
- Ⓢ Wear a hat with a wide brim.
- Ⓢ Seek shade at peak sun hours.

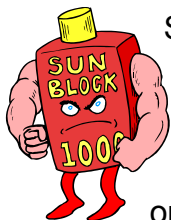


For more information on sun safety, visit the Sun Safety Alliance's website at <http://www.SunSafetyAlliance.org>.

TIP: REMEMBER TO CHECK THE EXPIRATION DATE ON YOUR SUNSCREEN BEFORE YOU ARE IN THE SUN.

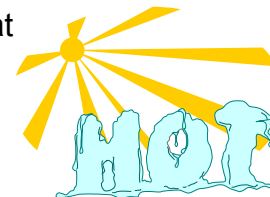


What Does SPF Mean?



Sunscreens are rated on a Sun Protection Factor (SPF) scale which reflects the product's ability to deflect the sun's burning rays. This is displayed on the front of the sunscreen container. The SPF is calculated by comparing the amount of time needed to produce a sunburn while using sunscreen to the amount of time needed to cause a sunburn on unprotected skin. In other words, if a fair-skinned person puts on sunscreen with an SPF of 15, it will take 15 times longer than the normal time it would take to burn. In this case, without sunscreen it would take approximately 10 minutes to burn, so if this person uses the sunscreen with a SPF of 15, you can multiply the 10 minutes by 15 to find out that this person is protected for 150 minutes in the sun. Sunscreen with a SPF of at least 15 is recommended by the American Academy of Dermatology.

For more information, visit the American Academy of Dermatology's website at <http://www.aad.org>.



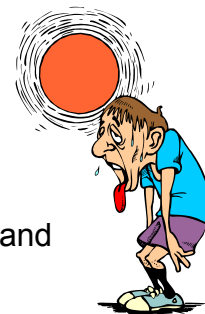
Protect Yourself From Heat-Related Illnesses

Did you know that heat is the cause of death of approximately 400 people every year in the United States? And did you know that these heat-related deaths are preventable? Heat illnesses occur when a person's body is not able to properly cool itself through sweating. This causes the person's body temperature to rise rapidly. The elderly, the very young, and people with mental illness and chronic diseases are at the greatest risk of getting a heat-related illness.

The best way to prevent heat-related illnesses is to follow these tips:



- Ⓢ Keep yourself well hydrated.
- Ⓢ Avoid caffeine, alcohol, and drinks with large amounts of sugar.
- Ⓢ Stay indoors, in an air-conditioned place if possible.
- Ⓢ Wear lightweight, light-colored, loose-fitting clothing.



For more information on heat-related illnesses, visit the Center For Disease Control and Prevention's website at <http://www.bt.cdc.gov/disasters/extremeheat/>.

Picnic Food Safety



Nothing says summer like a picnic in the park, at the ball park, or in the backyard. Unfortunately, warm temperatures help bacteria to grow faster and if your food is not handled safely, you can end up with a foodborne illness.

Follow these tips from the Scott County Health Department to prevent foodborne illnesses:

- Ⓢ Remember to keep cold food cold and hot food hot.
- Ⓢ Food should be left out no more than two hours. If the temperature outside is 90°F or warmer, food should be left out no more than one hour.
- Ⓢ Grilled food should be eaten shortly after it is cooked.
- Ⓢ Keep foods covered to limit the exposure to insects.
- Ⓢ Place leftovers that have been out for less than two hours immediately in a cooler or throw them out.
- Ⓢ If there is a doubt of how long the food has been sitting out, throw it out.
- Ⓢ There must be ice in a cooler to keep the food cold. Melted ice water is not cold enough and the food should be thrown out.

