

Summertime Tips

Food Safety:

Always defrost/thaw food safely:

- in the refrigerator
- in cold water
- in the microwave for immediate cooking



Avoid cross-contamination: do not use the same utensils, cutting boards, or plates for raw meat and cooked meat, or raw meat and vegetables.

Marinate meat in the refrigerator, not the counter

The DANGER zone is 40 to 140 degrees Fahrenheit.

Keep it COLD or keep it HOT!

*More information can be found at University of Maine Cooperative Extension:
<http://extension.maine.edu/>*

Outdoor Safety:

Annoying Arthropods (commonly called bugs)

Ticks and Mosquitoes are *vectors*, animals that can carry germs that may cause illness. Vector borne illnesses can be bacterial, viral, or parasitic.

BACTERIAL vector borne illnesses:

Lyme disease, Anaplasmosis, from infected deer ticks

Ehrlichiosis from infected Lone-star tick

Rocky Mountain Spotted Fever and Tularemia from infected wood (dog) tick



PARASITIC vector borne illness:

Babesiosis from infected deer ticks



VIRAL vector borne illness: Powassan Disease from deer ticks, West Nile from infected mosquitoes

How to protect yourself: use insect repellent, wear light colored clothing in order to see and remove ticks. Check skin and clothing daily. Remove ticks from skin with fine tipped tweezers. Wash and dry clothing in the "hot" settings to kill any ticks.

Discourage their presence by changing the habitat:

Ticks: remove leaf litter, cut tall grass and bushes.

Mosquitoes: eliminate standing water, where they breed.



Other Annoying Arthropods

Bees, Wasps, Hornets, and some ants can sting or bite. Usually, it's just a mild annoyance, but some people have severe reactions, including life-threatening allergic reactions.

Prevent stings by wearing light colored clothes, avoid perfumed soaps, shampoos, etc. (Don't look or smell like a flower!)

If stung, scrape the stinger, do not use tweezers. Ice the area to reduce painful swelling. If allergic, carry an epi-pen wear medical alert jewelry.

Brown Tail Moth: the culprit is actually the caterpillar form of this moth, specifically, the hairs. The toxic, barbed hairs can embed in your skin as well as cause a chemical reaction, making a painful rash similar to poison ivy. The hairs become airborne and can be very serious if inhaled.

Prevent problems by avoiding areas infested by the caterpillars (updated information available on Maine.gov/dacf/mfs).

Shower and wash clothes after spending time outside.

Dry, breezy days spread the toxic hairs more than wet days.

Dry laundry inside in June and July

Heat Problems

Hot weather and over-exertion can cause illnesses.

Heat Stroke is a dangerous condition in which the body cannot control its temperature. Symptoms may include fever, confusion, lack of coordination, headache, seizures, coma. It is a medical emergency; while waiting for help, move the person to a cooler area, remove excess clothing, and use cool water on the skin.

Heat Exhaustion is caused by excessive loss of water and salt, usually by sweating. Symptoms may include faster heart rate and breathing, heavy sweating, fatigue, dizziness, nausea and vomiting. Treatment includes rest in a cool area, drinking plenty of water, cool shower or bath.

Heat Cramps happen to people who sweat a lot, losing water and body salts. The pain can be in the arms, legs, or abdomen. Treatment is rest in a cool place, drink clear juice or sports drink or water with food.

Prevent heat problems by: drinking plenty of water, wearing light colored, loose breathable clothing, take breaks in a cool area.

More information can be found at CDC.gov/niosh/topics/outdoor