

Emergency Tips by Gary French

During Hot Weather - What to Do to Prevent Heat Problems

Drink Plenty of Fluids

Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. **Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot. Don't drink liquids that contain alcohol, or large amounts of sugar-these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

Wear Appropriate Clothing and Sunscreen

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher.

Schedule Outdoor Activities Carefully

If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

Pace Yourself

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Cool Indoors

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

Use a Buddy System

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

Adjust to the Environment

Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. Limit your physical activity until you become accustomed to the heat.

Use Common Sense

- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids and replace salts and minerals in your body.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Do not leave infants, children, or pets in a parked car.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

Information courtesy of the CDC.

Children Safety Tips by Nancy McCloud

Splash Safety

Emily Samuel, water safety program manager for Safe Kids Worldwide, reminds us that drowning happens quickly and quietly. In fact, drowning is the leading cause of unintentional injury deaths in kids one to four-years old.

- Stay off cell phones. Don't allow yourself to get distracted when your kids are in the water. Chatting with other parents is a common distraction as well.
- Know your skills. Adults and caregivers should refresh their infant Child CPR certification each year. Kids should never swim alone.
- Put a guard up. Even kiddie pools should be drained after use. For houses that have swimming pools, fencing should be at least four feet high and surround the pool on all sides, with doors that close and lock themselves. Pool supply companies may offer options for alarms and other safety systems. Remember to never rely solely on an alarm and other safety systems.
- Educate yourself. The Consumer Product Safety Commission has a pool safety guide where families can find out how to keep kids safer at any pool...whether it's Community Park or your child's camp.

Food Safety Tips from Fred Boehler

Bush's Best recalls beans because can seams are compromised

Bush Brothers & Co. is recalling three flavors of canned baked beans from retailers nationwide after discovering defective side seams in some cans, which could allow the beans to spoil or become contaminated with pathogens.

"This recall was initiated after our internal quality assurance checks identified the issue. Subsequent investigations indicated a temporary quality issue from one of our can suppliers. The problem was corrected and no other product is affected," according to the July 22 recall notice the company posted on its website.

"It's important to note that, to date, no illnesses or other adverse consequences have been reported in connection with this voluntary recall; however, we urge you to dispose of these affected products immediately even if the beans do not look or smell spoiled. We are working with our retailers to ensure timely removal of affected product from their warehouses and shelves."

Three flavors of Bush's canned baked beans are included in the recall. All beans subject to the recall are in 28-ounce cans. Consumers, retailers and others should check any beans they have on hand to see if they are included in the recall.

The company's consumer relations department is available to answer questions at 800-590-3797, Monday-Friday between 8 a.m. and 5 p.m. Eastern time.
Bush's Best, BROWN SUGAR HICKORY, COUNTRY STYLE BEST BY JUN 2019

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