

Emergency Tips by Gary French

When disaster strikes, we all have to remember it affects children differently from adults. Here are some suggestions for helping children cope with disasters:

- Limit TV and other media coverage of the storm and its impact (such as Internet, social media, and radio interviews of victims) - Listening to stories about the impact of disasters can cause further distress to children and adults. Realize that children should not be exposed to the same amount and level of media coverage being viewed by adults.
- Keep to a routine - Help your children feel they still have a sense of structure, making them feel more at ease or provide a sense of familiarity. When schools open again, help them return to normal activities including going back to class and participating in sports and play groups.
- Make time for them - Help kids understand they are safe and secure by talking, playing and doing other family activities with them. To help younger children feel safe and calm, read them their favorite book, play a relaxing family game or activity. For other ideas, visit the National Child Traumatic Stress Network website.
- Encourage and answer questions - Talk with your children about the event and what is being done to keep them safe and help with the recovery process. Realize that children's concerns may be very different than those of adults, so be sure to ask them what they are concerned about. Help them understand what is being done to protect them and their families from future harm and why other storms are unlikely to be as destructive.
- Provide realistic reassurance - Children's worries may be based on misunderstanding or misinformation. When possible, provide realistic reassurance. But if their concerns are real, acknowledge their concerns and help them think through strategies to deal with their distress. Remember, if children feel they are worried – they are worried.

Children Safety Tips by Nancy McCloud

In 2013, more than 126,035 children across the country were injured due to a fire or burn and treated in emergency rooms.

Here are a few prevention tips.

- Don't carry or hold a child while cooking on the stove. Move a high chair in the kitchen within reach or sight before you start.
- Check to make sure your water heater temperature is not set too high. By setting it at 120 degrees, it will prevent any accidental scalding. Check the water with your elbow or wrist before giving baby a bath.
- Children love to reach. If you use the back burners and turn the handles away from the edge, you can avoid hot food or liquid spills. Always use oven mitts or potholders when handling hot foods.
- Install barriers such as safety gates around fireplaces and furnaces.
- Blow out candles and store matches out of reach.
- Unplug and safely store irons, flatirons and other appliances that may be hot to the touch.
- Install smoke alarms and have a fire extinguisher accessible in case of an emergency.

Food Safety Tips from Fred Boehler

CDC: Outbreak bacteria traced to Petland is antibiotic resistant
Year-long Campylobacter outbreak picks up speed; CDC warns public about infected puppies

With the victim count having jumped 40 percent in the past three weeks, the CDC has nothing but bad news to report today on a multi-state Campylobacter outbreak traced to Petland puppies — the outbreak strains are antibiotic resistant.

Since its initial outbreak announcement on Sept. 11, the Centers for Disease Control and Prevention have received lab confirmation of 16 more victims across five new states. That brings the outbreak totals to 55 people in a dozen states, with a fourth of them requiring hospitalization. No deaths have been reported. Nine out of 10 of the infected people, 49 of the 55 victims, either had contact with puppies from a Petland store or are Petland employees.

Anyone who has had contact with Petland puppies in the chain's stores, homes or elsewhere is urged to seek medical attention if they have developed symptoms of Campylobacter infection. Symptoms can include diarrhea that is often bloody, fever, stomach cramps, nausea and vomiting.

State health officials and the CDC report outbreak victims in 12 states: Florida, Kansas, Maryland, Missouri, New Hampshire, New York, Ohio, Pennsylvania, Tennessee, Utah, Wisconsin and Wyoming.

"Campylobacter can spread through contact with dog poop. It usually does not spread from one person to another," the CDC reports. "However, activities such as changing an infected person's diapers or sexual contact with an infected person can lead to infection."

CDC recommends that people follow these steps for protecting themselves and others while enjoying their dogs and puppies:

- Wash your hands thoroughly after touching dogs, their poop, or their food. Take extra care that children playing with puppies also wash their hands carefully.
- Pick up and dispose of dog poop, especially in areas where children might play.
- Contact your veterinarian if you notice any signs of illness in your puppy or dog.

The CDC update says Petland officials are cooperating with the outbreak investigators. The pet store chain has not expressed the same sentiment in regard to the CDC.

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