



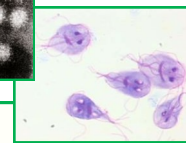
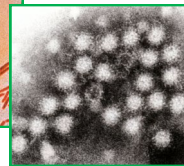
Preventing Food-borne Illnesses

Summer is a time for cookouts, barbecues, and sharing!

Unfortunately, the more hands that are involved in preparing your food, the higher your chance of getting a **food-borne illness**. You can get sick when you eat or drink something that has germs on it. Food can be exposed to germs at the factory or store, or by contact with unclean surfaces or hands.

These are some germs that can make you sick:

- Salmonella, Campylobacter and Shigella (types of bacteria)
- Hepatitis A and Norovirus (types of viruses)
- Cryptosporidium and Giardia (types of parasites)



Inside this issue:

- Preventing Food-borne illnesses
- Planning for Extreme Heat
- Staying Smart about Fireworks

What are symptoms, and who is at risk?

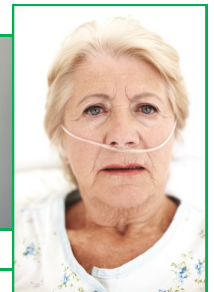
Anyone can get a food-borne illness. Symptoms typically include **diarrhea, vomiting and abdominal pain**.

You may feel awful for up to a week, but then get better with no problems.

Sometimes, though, illness can lead to hospitalization or even death.

These people have the most risk for problems from food-borne illnesses:

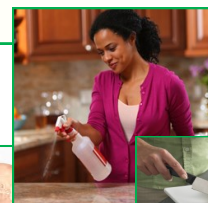
- **Pregnant women**
- **Elderly**
- **People with weakened immune systems** (from cancer, HIV or other conditions)



How can I prevent food-borne illness?

When preparing food:

- Always wash your hands well with soap and water before you prepare or eat food.
- **DON'T** prepare food if you have diarrhea or vomiting!
- Clean all surfaces and utensils before and between each use.
- Separate raw foods from cooked and ready-to-eat foods. Don't put cooked meat on the same platter that held raw meat.
- Use separate cutting boards for meat and produce.
- Cook foods to proper temperature and use a food thermometer.
- Keep hot foods hot and cold foods cold.
- Refrigerate unused food within 1 hour.
- Thaw frozen meat in a refrigerator, **NOT** on a countertop.



If you are pregnant, elderly, or immune-compromised, **AVOID** these foods:

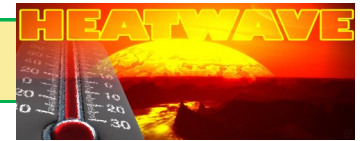
- Soft, unpasteurized cheeses
- Raw milk and dairy products made from raw milk
- Unpasteurized ciders and juices
- Foods that have raw or undercooked eggs in them
- Raw shellfish
- Bean sprouts
- Deli meats and hot dogs. If you do eat them, you should first cook them to 165°F.

STAY IN TOUCH WITH THE HEALTH BULLETIN

You can find the Health Bulletin in many languages at: <http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>.

For more information about the Health Bulletin, contact Marialisa Ramirez at 215-685-6719 or HealthBulletin@phila.gov.

Planning for Extreme Heat



Scientists predict that Philadelphia weather will continue to get hotter and wetter. The City could have longer, more frequent heat waves. In a heat wave, older people and those with chronic medical conditions, like cardiovascular disease, are at greater risk for health problems. The air quality can be affected as well. Ground-level ozone is formed when pollutants from factories, cars and trucks mix together in the hot summer sun. Ozone can worsen chronic respiratory conditions, like asthma. If you have a respiratory condition, you should limit your time outside when the air quality is unhealthy. Visit www.airnow.gov to get daily air quality information.

What YOU can do during a heat wave...

- Drink lots of water throughout the day—don't wait until you are thirsty to drink.
- Avoid caffeinated, alcoholic, and sugary drinks (they can dehydrate you).
- Stay cool inside with air conditioning or a fan with the windows open.
- Avoid being outside during the hottest times of the day (12PM—5PM).
- Wear light, loose-fitting clothing when you are outside.
- Take a cool shower or bath.
- Check on your friends and neighbors to make sure they are staying cool.
- Never leave people or pets alone in a car.



What the City is doing to prepare...

When the hot weather becomes dangerous, the City will take steps to protect the health of residents by activating the Philadelphia Corporation for Aging (PCA) Heatline and cooling centers.

Philadelphia Corporation for Aging (PCA) Heatline

During extremely hot weather, PCA will activate the Heatline, which is a call center for people to get heat safety tips. Trained staff can advise callers of all ages about precautions to take against the heat and how to detect signs of heat stress. They can also recommend air-conditioned locations to visit. **PCA Heatline: 215-765-9040.**

Cooling Centers

Some air-conditioned spaces, like select Free Library locations and recreational centers, will stay open later. Even a few hours in air-conditioning during the hottest part of the day (usually 12pm-5pm) can help your body recover from the heat. **Call 311 to find a cooling center near you.**

Staying Smart about Fireworks

What is legal in Pennsylvania and what's not

These sparklers and novelties are legal for sale & use in Pennsylvania:

- Sparklers
- Ground-based sparklers
- Ground sparkling devices
- Smoke devices
- Novelties



THESE FIREWORKS ARE ILLEGAL IN PENNSYLVANIA except as part of a permitted public fireworks display:

- Sky rockets/bottle rockets
- Firecrackers
- Reloadable shell device/roman candles
- Aerials
- Single-tube device with report

Fireworks safety tips

- Never allow young children to ignite sparklers.
- Always have an adult supervise sparkler activities.
- Make sure you, your kids and others watch public fireworks displays from a safe distance.
- Call 911 immediately if someone is injured from fireworks.

For more information about firework laws and safety, visit the Philadelphia Fire Department Public Safety website at: www.phila.gov/fire/safety/safety_seasonal_summer.html