

## This Month at Public Health:

### Immunization Clinics

July 2, 1:00-5:00pm

July 9, 1:00-5:00pm

July 13, 3:00-6:00pm

July 20, 3:00-6:00pm

July 23, 1:00-6:00pm

July 27, 3:00-6:00pm

July 30, 1:00-6:00pm

### Optimal Pregnancy Outcome Program

- a free service

July 6

July 13

July 14

July 27

### Cholesterol Screenings

July 21

### Holiday Closings

July 3

### **Bismarck-Burleigh Public Health**

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[www.bismarcknd.gov/publichealth](http://www.bismarcknd.gov/publichealth)



**Public Health**  
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

**BreatheND**  
Saving lives, saving money. The voice of the people.

# Healthy Living Update

## Water Safety Tips: Know Before You Go

### Boaters!

Before getting underway, know your boat and know the rules of the road:

- Take a safe boating course.
- Check your boat for all required safety equipment.
- Consider the size of your boat. Don't overload your boat!!
- If you will be in a power boat, check your electrical system and fuel system for gas fumes.
- Follow manufacturers suggested procedures BEFORE starting up the engine.
- Wear your life jacket – don't just carry one on board.
- Leave alcohol behind to increase your safety and decrease your risk.
- Check the weather forecast.
- File a float plan with a member of your family or friend.



### Swimmers!

Since most drowning victims had no intention of being in water and since most people drown within 10-30 feet of safety, it is important that you and your family learn to swim well. Please remember:

- Never rely on toys such as inner tubes and water wings to stay afloat.
- Don't take chances, by overestimating your swimming skills.
- Swim only in designated swimming areas.
- Never swim alone.
- Never dive into lakes and rivers; the results can be tragic.

*Source: US Army Corps of Engineers National Water Safety Program*

# WILL YOUR BBQ MAKE YOU SICK?

Hot weather is perfect for picnics and barbecues, but warm temperatures also cause a spike in foodborne illness. Nothing kills a good time like potato salad that's gone bad. Find out how to protect yourself the next time you host an outdoor get-together.

## 82%

OF AMERICANS SAY THEY ARE CONFIDENT THEY PREPARE FOOD SAFELY.

FOODBORNE ILLNESS IS MORE COMMON THAN YOU THINK.

Number of people stricken with foodborne illness each year:

**47.8 Million**

Estimated number of deaths from foodborne illness each year:

**3,037**

### SAFE INTERNAL TEMPERATURES

**145°F**



STEAK

**160°F**



GROUND BEEF

**165°F**

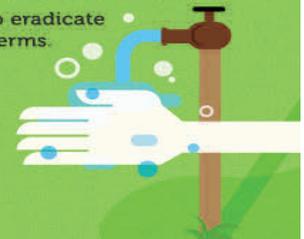


CHICKEN

**SAFE TEMPERATURE** to keep your cooler:

**40°F**

Wash your hands for at least **20 SECONDS** to eradicate germs.



Don't leave food out for more than one hour if the outside temperature is over **90°F.**



MOST FOODBORNE BACTERIA GROW FASTEST AT TEMPERATURES FROM **90°F-100°F.**

FOR MORE INFORMATION ON **HEALTHY AND SAFE EATING**, CHECK OUT [TAKEPART.COM/FOOD](http://TAKEPART.COM/FOOD).

Sources: CDC | FDA | Mayo Clinic | International Food Information Council Foundation



INFOGRAPHIC DESIGN BY COLUMN FIVE

## Spotlight on Diversity

*Our flag is red, white and blue, but our nation is a rainbow -- red, yellow, brown, black and white -- and we're all precious in God's sight.*

- Jesse Jackson



## Take Action to Prevent Heatstroke

You can reduce the number of child deaths from heatstroke by remembering to **ACT**.

**A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

**C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

**T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



Source: [www.safekids.org](http://www.safekids.org)