



## Health Division Encourages Summer Safety

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**For Immediate Release**



HEALTH DIVISION

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**NEWS RELEASE**

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Leigh-Anne Stafford, MSA  
Health Officer

## Health Division Encourages Summer Safety

**PONTIAC, Mich., July 3, 2017** – Oakland County Executive L. Brooks Patterson and the Oakland County Health Division remind residents to take safety precautions while outdoors this summer.

“It is important to keep ourselves and our families safe while we enjoy the weather and are active outside”, said Leigh-Anne Stafford, health officer for the Health Division. “By taking simple precautions, we can have fun and stay safe at the same time.”

Whether at a barbeque, pool party, or enjoying the lake, the following tips can help prevent injury and promote safety.

### **Heat Safety**

Michigan averages about 5 heat related deaths and hundreds of heat related illnesses a year according to the National Weather Service. Heat is the number one weather related killer in the United States. Adults over the age of 65, young children, and those with chronic disease and mental illness are at highest risk. Follow these steps to stay safe in the heat:

- Drink plenty of water throughout the day, even if you are not thirsty.
- Avoid beverages that are alcoholic or contain a lot of sugar and caffeine.
- Wear loose, lightweight clothing that is light in color.
- Limit outdoor activity to the morning and evening hours when it's not as warm.

### **Water Safety**

Swimming is a great summer activity to help you cool down on a hot day; however, it poses a risk for both adults and children if proper water safety procedures are not followed. Basic water safety recommendations include:

- Everyone who is in or near water should know how to swim.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets. Look for the stamp on the life jacket.
- Never swim alone.
- Swim in designated swimming areas where a lifeguard is on duty.
- Always supervise children who are playing in or near water.
- Never swim while under the influence of alcohol.

### **Food Safety**

Hosting a barbeque is a fun, delicious way to bring family and friends together. Practice safe food handling and avoid foodborne illness with these recommendations:

- Wash your hands before and after handling food.
- Do not cross contaminate. Wash utensils, cutting boards, and other surfaces that came into contact with raw meat and poultry before touching other foods.
- Use a meat thermometer to make sure that food reaches a safe internal temperature of 160°F.
- Do not let raw meat, cooked food, or fruits and vegetables sit at room temperature for more than two hours before putting in the refrigerator or cooler.

If an emergency occurs, call 911 immediately. For more information on summer safety issues including heat-related illness and food safety, visit [www.oakgov.com/health](http://www.oakgov.com/health) or call Nurse on Call at 800-848-5533. Find up-to-date public health information on Facebook, Twitter, and Pinterest @publichealthOC.

FOR MEDIA INQUIRIES ONLY: Please contact Leigh-Anne Stafford, health officer for Oakland County Health Division, at 248-858-1410.