

Stay safe on the **4th of July**

Fireworks can be fun, but they can be very dangerous and lead to fires, burns, and eye injuries. Fireworks that are permitted by Minnesota state law include: sparklers, fountains, cones, illuminating torches, wheels, ground spinners, flash/strobes, and novelty devices like snakes, glow worms, trick noisemakers, party poppers and snappers. Individuals must be 18 to purchase these products. All other fireworks are prohibited. If you are using fireworks, please keep the following in mind:

- ★ Never allow children to play with or ignite fireworks.
- ★ Be sure other people are out of range before lighting fireworks.
- ★ Read and follow all warnings and instructions.
- ★ Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- ★ Never try to relight fireworks that have not fully functioned.
- ★ Keep a bucket of water in case of a malfunction or fire.



Remember, the safest way to prevent firework injuries is to leave fireworks to professionals.

*Source: Centers for Disease Control
Provided by Olmsted County Public Health Services*

SUMMER'S NOT OVER YET! Here are ideas to help you keep *cool*

The sun can start to get to people in the "heat" of the summer. A number of people have air conditioning, but there are a number of people who do not as well. Here are a few tips to help you stay cool the rest of the summer months! Whether you have air conditioning or not, they're fun and easy ways to beat the heat.

- * ***Run through the sprinkler!*** This is a great way for kids (and adults) to stay active. Set up a sprinkler in your yard in a safe area (preferably not near the street) and let them have fun! You are even watering your plants & flowers around that area. Nice work!
- * ***Drink plenty of liquids...especially WATER!***
- * Have ***ice cubes and popsicles*** readily available. A quick easy way to cool down.
- * Hold a ***cold wet cloth*** on the back of your neck, wrists, and/or forehead for a quick cool down. (This is really helpful during a hard workout in the heat such as a soccer game!) Always remember to seek medical attention if there is a possibility of heat stroke or sickness to occur.
- * Take care of yourself and ***stay cool!***

Summer time is picnic time!

Cold foods:

- A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature.

--Put the food that you're going to use first on top; this way the cooler is open for a shorter period of time (keeping food cold longer).

- When traveling in a vehicle, transport cooler in air conditioning; not in a hot trunk. Also cover up/keep cooler in a shady area if possible.

Hot foods:

- When grilling with coals, make sure they preheat for 20-30 minutes so that they are HOT and ready to cook with.
- Bring a food thermometer in your cooking supplies to insure proper cooking of foods.

****REMEMBER!**

Don't let food sit out for more than two hours. On a hot day (90° F or higher), reduce this time to one hour.

--At the end of a picnic discard any food that is left over; and if ice packs are no longer frozen.

*Source: Fight BAC!
Provided by Olmsted County Public Health
Services*

