



July 2016

July: Zika – What You Need to Know

ZIKA QUESTIONS



You have probably seen headlines about the Zika virus. Here is the latest from the [Center for Disease Control \(CDC\)](#):

- Past outbreaks of Zika have happened in tropical Africa, Southeast Asia, and Pacific islands.
- The latest outbreak is in Brazil.
- So far, there have been no cases of Zika being spread from person to person in the U.S. All cases were contracted outside the continental U.S.
- You can be infected with Zika and have no symptoms, or have only mild ones.
- Symptoms include: fever, rash, joint pain, red eyes, and sometimes headaches and muscle pain.
- Symptoms usually last for only a few days to a week.
- Currently there is no vaccine or specific medicine to prevent or treat Zika.
- Zika is spread:
 - by mosquitos
 - during sex with a man who is infected
 - from a pregnant woman to her fetus
 - likely it can be passed through blood transfusions, but not confirmed
- Aedes is the type of mosquito that spreads Zika.
 - these mosquitos are found in the southern half of the continental U.S. and as far north as Minnesota and the northeast
 - they are aggressive during the daytime, but can also bite at night
- The biggest concern is infection during pregnancy. Zika can cause birth defects including the most devastating, *Microcephaly*, which affects the brain and causes an infant's head to be unusually small.
- Cases of an uncommon condition called **Guillain-Barre Syndrome**, which can cause body-wide paralysis, have also been seen in regions hit by Zika.

Some Steps to Take to Protect You and Your Family:

- Wear long-sleeved shirts and pants.
- Treat clothing with permethrin, or buy clothing already treated with it. But do not apply it directly to the skin.
- Use EPA registered insect repellants like DEET, but do not use:
 - any repellants on babies under 2 months old
 - oil of lemon eucalyptus or para-menthane-diol on children younger than age 3
- Do not spray repellants on skin under clothing.
- If also using sunscreen, put the sunscreen on first.
- Stay in places with:
 - air conditioning
 - window & door screens
- Repair damaged screens. If this is not possible, sleep under mosquito netting.
- Prevent the spread of Zika through sex by using condoms or not having sex.



For more information see the CDC website:

<http://www.cdc.gov/zika/>

Nutrition Nook



- ▶ Eat a rainbow of fruits and vegetables.
- ▶ Different colors typically mean different nutrients.
- ▶ Bonus: more colors on your plate means the food looks more appetizing.

How to Safely be Patriotic - Tips for July 4th Fireworks



Fireworks are a big part of many families Independence Day celebration. Unfortunately, about 230 people go to the emergency room **each day**, in the month surrounding July 4th, for a fireworks related injury. Nearly 50% of these injuries are to the hands, eyes, and head.

Here is how to keep it safe:

- Never let children play with or ignite fireworks. A responsible adult should always supervise.
- Know your firework – before you light it, read the caution labels and performance description.
- Be sure fireworks are **LEGAL** in your area before purchasing and using them.
- Only use fireworks outside.
- Light just one firework at a time and then move back quickly.
- Keep a charged hose and a bucket of water close by.
- Always wear safety glasses and never try to relight or pick-up a “dud.” Instead, wait 20 minutes and then put it in a bucket of water.
- Dispose of used fireworks by first wetting them down and then placing them in a metal trash can away from building or other materials that can burn.
- Do not carry fireworks in your pocket and **NEVER** mix alcohol and fireworks.

Grilling Vegetables & Fruits

As summer approaches, you may be firing up the grill. Do you ever include vegetables and fruits in the list of foods that hit the grate? If not, give it a try this year.

Here are some general tips to get you started:

- To avoid sticking:
 - brush veggies and fruits with a light layer of canola or olive oil
 - try foil packets coated in oil
 - use non-stick grates
- Cook your veggies and fruits over moderate heat. You can also use indirect heat or just move things to a cooler part of the grill to keep the outside from cooking too fast.
- **Veggies** are generally grilled with the skins on. This provides more nutrients. And in the case of corn, the husk is a natural insulator to keep it from drying out.
- Some veggies do better if they are pre-cooked, while others should go on the grill raw. Examples:



Pre-cook – steam or blanch until tender	Best if grilled raw
◦ carrots	◦ peppers
◦ beets	◦ eggplant
◦ potatoes	◦ mushrooms
◦ winter squash	◦ onions
◦ broccoli	◦ sweet potatoes
◦ artichokes	◦ summer squash



- **What about fruit?** The best fruits for grilling are firm and barely ripe.
- Pineapple, watermelon, apples, peaches, and pears are all good bets.
- If preferred, peel fruit before it hits the grill