



July 2018



Happy 4th of July



It's time for Fourth of July celebrations – fireworks, a backyard barbecue, maybe a swim in the pool. Whatever you have planned, we want everyone to have a great holiday, and a safe one.

Fireworks Safety



More than 50,000 fires are caused by fireworks every year. The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least

500 feet away from the show. Many states outlaw most fireworks. If someone is setting fireworks off at home, they should follow these safety steps:

- ◆ Never take apart or try to make your own fireworks.
- ◆ Only light fireworks on the ground and in areas that are fire resistant.
- ◆ Keep a water hose or bucket of water nearby. If you have a portable fire extinguisher have it handy too.
- ◆ Never give fireworks to small children, and always follow the instructions on the packaging.
- ◆ Light only one firework at a time and never attempt to relight "a dud."
- ◆ Store fireworks in a cool, dry place away from children and pets.
- ◆ Never throw or point sparklers or fireworks toward people, animals, vehicles, structures or flammable materials.
- ◆ Leave any area immediately where untrained amateurs are using fireworks.

Grilling Safety

Every year people are injured while using backyard grills. To enjoy grilling your favorite meals this summer, while also keeping your family safe, follow these tips.

- ◆ Check gas grill hoses for cracks, holes and leaks. Gas leaks, blocked tubes, and propane tanks can be a cause of grill fires and explosions.
- ◆ Keep children and pets away from grills.

- ◆ Always supervise a barbecue grill when in use.
- ◆ Never grill indoors – not in your garage, house, camper, tent, or any enclosed area.
- ◆ Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- ◆ Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
- ◆ Never add charcoal starter fluid when coals have already been ignited.
- ◆ Always follow the manufacturer's instructions when using grills.



July is one of the hottest months of the year which makes it a great time to hit the backyard pool. However, even fun water activities

have serious risks if the proper precautions aren't taken. Keep these tips in mind:

- ◆ Set water safety rules for your family.
- ◆ Pools should be enclosed completely with a fence to restrict access to the area.
- ◆ Keep a first aid kit near the pool.
- ◆ Don't swim if there is lightning.
- ◆ Swim sober and always swim with a buddy.
- ◆ Have young children and inexperienced swimmers wear a life jacket.
- ◆ Protect the neck – don't dive headfirst into the shallow end of the pool.
- ◆ Keep a close eye on children.

Tech Corner

- The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand.
- Get the app and be prepared for what life brings.
- Videos, interactive quizzes and simple step-by-step advice make it easy to know first aid.
- Available in Spanish
- For Android and Apple



Need a reason to eat more fruit?

Here are six reasons to reach for a peach...or a plum, pear, pineapple, persimmon, papaya...

1. It's nutrient rich. Fruit is packed with vitamins, minerals and fiber. Vitamin C, carotenoids (A vitamins), folate, potassium, vitamin K, calcium, iron, or magnesium, are just a few. Each kind of fruit provides its own unique combination so eat a variety to get the most benefit.



2. It's low calorie. Most fruit is fairly low in calories per bite. That's because it's typically about 85 percent water. (Exception: raisins and other dried fruits have less water...and more calories.)

Fruit fills you up (but not out). People feel more full after eating an apple than after eating applesauce or drinking apple juice, even if the apple juice has enough added fiber to match the fiber in the apple.

3. It protects the heart & brain. The DASH (Dietary Approaches to Stop Hypertension) diet can lower systolic blood pressure by 8 to 14 points—as much as some drugs. And fruit is a key component of DASH, which has about five servings of fruit per day. (The servings are small: just one piece or ½ cup.)

Why does fruit matter? It's not entirely clear, but fruit is typically a reliable source of blood-pressure-lowering potassium. Also, studies find that those who eat more fruit have a lower risk of heart attack and stroke.

And who knows. A luscious bowl of berries every day might help keep your brain sharp as you age.

4. It's convenient. How many other foods require zero prep? At most, you might have to do a quick wash, pull off a peel, or cut some slices or chunks. But few foods are so convenient. Bonus: fruit is portable and—if it's whole—typically needs no refrigeration.

5. It can be cheap. Yes, you can pay \$6 for a pound of imported cherries in January. But fresh fruit is fairly inexpensive in season. And some fruit—like bananas and most frozen fruit—is cheap all year long.

6. It's delicious. Who doesn't swoon at the first sweet burst of blueberries, watermelon, or kiwi? And think of the range of textures, from a creamy nectarine to a seed-studded pomegranate to a crisp, tart apple.

Fruit does double duty as dessert - Mango Sorbet

Try this easy, refreshing, silky sorbet from Kate Sherwood, The Healthy Cook. Makes ten ½-cup servings.

Ingredients:

- ◆ 3 cups chopped mango
- ◆ 2 cups chopped pineapple
- ◆ 2 bananas
- ◆ ½ cup unsweetened canned coconut milk

Instructions:

1. In a food processor, purée all the ingredients until very smooth.
2. Pour into a large zipper bag, lay flat, and freeze until solid, 3-4 hours.
3. Break into chunks and process in a food processor until smooth and creamy, about 5 minutes.
4. Eat and Enjoy!



CDC Recommends Hepatitis C Testing for Baby Boomers

All adults born during 1945–1965 (Baby Boomers) should receive one-time testing for the hepatitis C virus (HCV), regardless of risk factors.

- Testing should begin with anti-HCV. If the anti-HCV test is positive, or reactive, then a nucleic acid test (NAT) should follow to confirm the diagnosis.
- People born during 1945–1965 account for 75% of hepatitis C cases.
- A high proportion of people with hepatitis C do not know that they are infected (estimated from 45%-85%).
- One time testing of those born 1945-1965 is estimated to identify 800,000 infections which could reduce or delay HCV-related deaths by more than 120,000.