

SPECIAL POINTS OF INTEREST:

- **Summer Safety Tips**
- **Inland Beach Monitoring**
- **Lactation Station**
- **Beat the Heat**
- **Tick Identification**

Food Safety

Summer promises sunshine, heat, and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne germs to thrive. When shopping for groceries or eating outside, make sure to refrigerate perishable food within 1 hour if it's 90 degrees F or warmer. Read these CDC features for more tips on keeping food safe this summer, whether you're grilling, planning a party, or attending a fair or festival.

If you're preparing food in advance for a family reunion, a graduation party, or other event, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly.

When grilling, throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a



clean plate to remove cooked meat from the grill.

At fairs, festivals, carnivals, and rodeos, follow these tips to have a safe cooking, eating, and drinking experience. Before buying food, be sure the vendor has a license to sell food and that employees wear gloves and use tongs when serving food. Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.



Inland Lake Beach Monitoring Grant

The DIDHD EH Division has applied for a second grant to run a 10-week beach monitoring program starting the week of June 13th. Staff will be sampling seven beaches in Dickinson and Iron counties. The Dickinson county beaches will include Lake Antoine, Cowby and Lake Mary.

Iron County beaches will include Sunset Lake, Runkle lake, Pentoga Park, and Fortune Lakes. The samples will be collected for analyzing total bacteria in the water. If there are determined to be bacteria amounts above the recommended safe level these beaches will be posted. This will

be the second consecutive year that our department will be a part of this statewide inland lake beach monitoring grant program. DIDHD is excited to be a part of the project and look forward to having two-year sample size for comparison of results.

Lactation Station



Stop by and check out the many resources available at our lactation stations.

Lactation Station

DIDHD has set dates to provide the Lactation Station at community events through the warmer months. Lactation Stations are provided by the breastfeeding peer counselor, Amber. She sets up the tent so families can come in and have a relaxing place to feed their babies, change diapers, or chat about other health department programs. This has been a

great community outreach tool and has gained popularity over the years. DIDHD has been invited to attend various community events—some for the first time and return to other events. The Lactation Station has information about all health department programs and Amber does a fantastic job staying up-to-date on information to be able to address

questions or provide contact information for the department staff. Below are a list of events that the Lactation Station will be attending.

Locations and Dates:

Event	Location	Date/Time
Community Connect	Cornerstone Community Church, Quinnesec	June 25th 10-2 p.m.
UP Rodeo	Iron River, MI Fair Grounds	July 9th 12-4 p.m.
Iron County Fair	Iron River, MI Fair Grounds	August 5th 1-6 p.m.
Breastfeeding Walk	Strawberry Lake, Norway	August 6th 10:30-11:30a.m.
Italianfest	Downtown, Iron Mountain	.August 13th 12-4 p.m.
Crafty Flea Market	Lake Antione, Iron Mountain	September 10th 9-3 p.m.
Oktoberfest	Downtown, Iron Mountain	October 1st 12-4 p.m.

**More events to add once plans are finalized. *

Beat the Heat



WHAT: Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO: Children, Older adults, Outside workers, People with disabilities. *More males than females are affected.*

WHERE: Houses with little to no AC, Construction work sites, Cars.

HOW to AVOID: Stay hydrated with water, avoid sugary beverages; Stay cool in an air conditioned area; Wear lightweight, light-colored, loose-fitting clothes.

Outside Temperature 80°

Inside 109°	Inside 118°	Inside 123°
Time Elapsed: 20 minutes	Time Elapsed: 40 minutes	Time Elapsed: 60 minutes

During extreme heat the temperature in your car could be deadly!

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly.

This keeps our body from releasing heat as fast as it may need to.

- **Personal Factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activi-

ties carefully-wear loose, lightweight, light colored clothing and sunscreen.

- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

For more information on ways to beat the heat please visit:

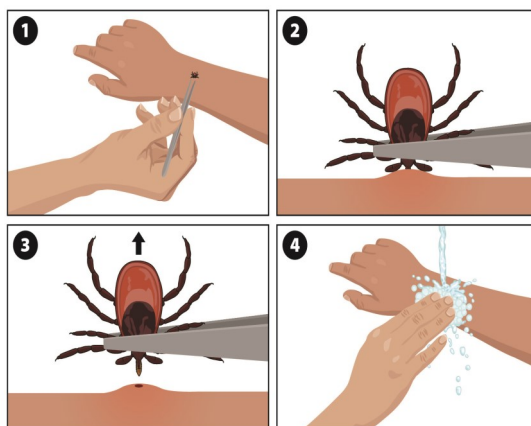
<http://www.cdc.gov/disasters/extremeheat/>

Tick Identification

There are over 20 known species of ticks in Michigan. Not all ticks carry diseases, but tick-related diseases such as Lyme disease do occur in Michigan and can be serious or fatal if not properly diagnosed and treated.

Expert tick identification is available free of charge for Michigan resi-

dents through the Michigan Department of Health and Human Services (MDHHS). You can either email a picture of the tick to MDHHS-Bugs@michigan.gov, or you can mail the tick to the MDHHS for identification. Free tick submission kits are available from DIDHD.



Project FRESH

WIC Project FRESH helps provide healthy and nutritious produce to Michigan WIC clients, while fostering economic development by promoting our state's diverse agricultural products. The program provides low-income, nutritionally-at-risk WIC clients with eligible, locally grown, fresh, unprepared fruits and vegetables from authorized farmers,

farmers' markets and roadside stands throughout Michigan. Enrolled WIC clients, excluding infants, may be eligible to receive a \$25 booklet containing coupons to be used June 1st through October 31st. Log on to www.wichealth.org and complete the "Get Fresh and the Farmer's market" lesson to qualify. You must contact your local

WIC office to receive your coupon booklet.

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Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.

