

Highlight on Health

An Emmons County Public Health Publication

Important Dates

June 1-July 4 - Fireworks Safety Month.

July 4 - Independence Day (Office Closed).

July 7 - World Chocolate Day.

July 8-21 - Donate Life ECHO (Every Community Has Opportunity).

July 11 - World Population Day.

July 15 - National Pet Fire Safety Day.

July 16-22 - National Youth Sports Week.

July 22 - National Parents' Day.

July 28 - World Hepatitis Day.

July 30 - World Day Against Trafficking in Persons.



Fireworks such as sparklers are extremely dangerous for small children because they burn at about 2,000 degrees and can burn skin or ignite clothing.

Fourth holiday still dangerous due to firecrackers, fireworks

Fireworks are potential dangers wrapped in a pretty presentation.

In 2016, more than 11,000 people required medical treatment for fireworks-related incidents, according to the U.S. Consumer Product Safety Commission. The National Fire Protection Association estimates that 2 out of 5 reported fires on July Fourth are related to fireworks. Each year fireworks cause 1,300 structure fires, 300 vehicle fires and about 17,000 fires overall.

Tips for various fireworks use can only be considered suggestions as even following safety precautions does not guarantee individual and property safety.

- Sparklers – These devices burn at about 2,000 degrees and can ignite clothing and severely burn skin.

- Bottle Rockets – These devices can cause serious injury, including blindness, if aimed at another person.
- Firecrackers – These devices can cause burns and other serious injuries.
- Roman Candles – These devices can cause severe burns and other injuries.
- M-Class – These products are produced illegally, without quality control and cause hundreds of extremely severe injuries.

Your best bet for a safe Independence Day holiday is to watch experts conduct a professional show.

Source: National Safety Council



Layering, sunscreen critical for sun skin safety

Skin cancer, caused by exposure to ultraviolet (UV) light is our country's most common form of cancer. More than 4.3 million cases of Basal cell carcinoma (BCC) are diagnosed in the U.S. each year, resulting in more than 15,000 deaths. This means 1 person dies from melanoma every hour.

Your skin care plays a dramatic role in your overall health, however. On average, a person's risk for melanoma doubles if he or she has had more than 5 sun burns.

By reducing your exposure to UV rays, you can protect your skin. Utilize shade or shelter to seek relief from the sun. When possible, choose long-sleeved shirts and pants. Tightly-woven fabric offers the best protection. A hat and sunglasses that block UVA and UVB rays are also ideal for protection.



However, your best protection against UV rays continues to be sunscreen. The CDC suggests wearing broad spectrum sunscreen with at least SPF 15. You will need to reapply the sunscreen if you are outside for more than

two hours, or have participated in swimming, sweating or toweling off. Sunscreen that has surpassed its expiration date will be less effective.

Source: Skin Cancer Foundation, CDC

Drowning Still No. 1 Cause of Accidental Death in Children



According to the CDC, drowning is the number-one cause of accidental death in children under the age of 4. With proper precautions, drowning can be prevented.

Your local public health unit has joined Nationwide's "Make Safe Happen" campaign to create greater awareness of water safety and protect children from accidental drowning. This Water Safety campaign offers safety tips and resources, including bathtub safety, how to identify "dry drowning" and how to keep your swim area safe.

Important safety tips include:

- Always be in arm's distance from your child
- Choose life jackets over water wings
- Stay clear of drains
- Install a fence around your home pool
- Learn CPR and first aid
- Always have a phone with you to call for help

Source: IAFF