

Highlight on Health

An Emmons County Public Health Publication

Important Dates

July 4 - Independence Day.
Office will be closed.

July 5 - Anxiety Day.

July 6 - Dad and Daughter
Take a Walk Day.

July 15 - National Pet Fire
Safety Day.

July 20 - Statewide Public
Health Nursing Conference,
7:30am to 4:30pm at the
Bismarck Ramada

July 24 - National Cousins
Day.

July 27 - Take Your Plants
for a Walk Day.

July 28 - World Hepatitis
Day.

July 28 - Parent's Day.

July 30 - Father-In-Law
Day.

Tips to Protect Your Eyes

The days are longer, the sun is hotter, the beach beckons and out comes the sunscreen. But summer revelers looking forward to fun in the sun shouldn't overlook their eyes, warns Emmons County Public Health and the American Academy of Ophthalmology.

In support of UV Safety Month in July, Emmons County Public Health joins the Academy in sharing information on how to keep eyes safe from sun damage. Excess sun exposure can put people at risk of short-term and long-term eye problems. If eyes are exposed to strong sunlight for too long without protection, UV rays can burn the cornea and cause temporary blindness. Long-term sun exposure has also been linked to an increased risk of cataracts, cancer and growths on or near the eye.



Here are five things people can do to cut their risk of eye damage from the sun:

- Wear the right sunglasses – Look for those labeled “UV400” or “100 percent UV protection” when buying sunglasses. Less costly sunglasses with this label can be just as effective as the expensive kind.
- Don't stare at the sun – gazing at the sun can burn holes in the retina, the light-sensitive layer of cells in the back of the eye needed for central vision.
- Check your medication labels – 1 in 3 adults uses medication that could make the eyes more vulnerable to UV ray damage, according to a sun safety survey by the Academy.
- Put a lid on it – In addition to shades, consider wearing a hat with broad brim and sunscreen!
- Don't drive without UV eye protection – Don't assume that car windows are protecting you from UV light. Side windows may block only 71 percent of rays, compared to 96 percent in the windshield.

Find more information on how to protect your eyes from the sun year-round at the Academy's EyeSmart website (<https://www.aao.org/eye-health/tips-prevention/sun>) .

Source: American Academy of Ophthalmology





Burgers, sausages, pork and chicken must be cooked thoroughly, making sure the meat is steaming hot, juices run clear and there is no pink meat.

Summer the time to focus on Food Safety

Summer is here and that means outdoor meals, such as the kinds served at holiday celebrations, family reunions, barbecues, and/or picnics. It is also the opportunity for you, or your friends and family to become ill.

CDC estimates that 48 million people get sick, 120,000 are hospitalized, and 3,000 die from foodborne diseases each year in the U.S. Many of these illnesses can be easily averted by following safe food production practices.

- Store raw meat separately from ready-to-eat foods. These items should be covered, on the bottom shelf of your fridge.
- Cook burgers, sausages, pork and chicken thoroughly. Make sure the meat is steaming hot, juices run clear, and there is no pink meat.
- Burgers should be cooked

all the way through and not served rare or pink due to harmful bacteria that can cause food poisoning.

- Once served, dishes should sit out no longer than 2 hours, or 1 hour if it is very hot outside.
- Any food with a 'use by' date, cooked dishes, salads and desserts all need to be kept chilled and out of the sun until serving time.
- At barbecues and picnics, cold perishable food should be kept in the fridge or a cool box until serving time.
- Check regularly that your fridge is cold enough - the coldest part should be below 5°C.
- Don't overfill your fridge. This allows air to circulate and maintains the set temperature.

Source: Food Standards Agency, CDC

World Hepatitis Day Set In July

World Hepatitis Day is an opportunity to add momentum to all efforts toward the World Health Organization's first global health sector strategy on viral hepatitis.

As of the conclusion of 2015, nearly 325 million people worldwide lived with chronic hepatitis. It was estimated that 257 million people were living with hepatitis B (HBV), while 71 million people were living with hepatitis C (HCV). However, only 9 percent of HBV- and 20 percent of HCV-infected persons had been diagnosed. Only 8 percent of the people diagnosed with HBV were receiving treatment, as compared to 7 percent of individuals with HCV were receiving treatment.

A number of advances in medicine have created hope, moving forward, though. A vaccine has been developed for HCV, while a functional cure for HBV is being estimated to arrive between 2020 and 2025.

This year's World Hepatitis Day, July 28, centers on how hepatitis is relevant to everyone, everywhere in the world. The #ShowYourFace campaign focuses on individuals' faces, while I AM statements highlight the actions taken to stamp out the disease or encouragement for others to take a stand.

Source: World Health Organization