

NEWSLETTER

Volume 2, Issue 6

Summer 2014

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BAWIC

Hours of Operation:

Monday

8:00 a.m. thru 5:00 p.m.

Tuesday

8:00 a.m. thru 5:00 p.m.

Wednesday

8:00 a.m. thru 5:00 p.m.

Thursday

Closed

Friday

8:00 a.m. thru 5:00 p.m.

Closed on Holidays/Weekends

Telephone: (850) 523-3440



Summer Health and Safety Tips!

The Florida Department of Health would like to provide you with several tips to make the summer months a safe and healthy one for all Floridians.

Swimming Safety:

- Diving accidents can occur when jumping or diving into water of unknown depth. In freshwater lakes or rivers, underwater structures (stumps, trash) may be unseen.
- In all freshwater lakes, the possibility exists of contracting an encephalitis infection from an ameba that can be fatal. The risk of this is extremely rare (only 20 cases in over 30 years), however the risk increases as water temperatures exceed 86 degrees, or in water that is stagnant. The use of nose plugs, while offering some protection, has not been proven scientifically.
- Summertime in Florida brings afternoon thunderstorms, some of which produce strong lightning activity. These storms can develop and move rapidly across an area. Seek protection in secure areas and not under trees or other potential lightning targets. Swim in approved areas and preferably in areas that offer lifeguard observation.



Food Protection:

- With the increasing heat of the summer months, bacterial growth in food can be rapid. Keep all perishable foods either hot (greater than 140 degrees or cold (less than 45 degrees). Use flammables designed to light charcoal properly. The use of other materials such as gasoline is a severe safety hazard.
- Proper hand washing before handling foods as well as care in avoiding recontamination of properly prepared foods is essential.



Heat Related Illnesses:

- Overexposure to the sun can lead to higher rates of skin cancers later in life. Use sunscreens and reapply often based upon manufacturers recommendation, particularly as it pertains to swimming.
- Summer temperatures can cause heat stress, exhaustion, or stroke. When exercising, be sure to maintain proper hydration by consuming water. Avoid using alcohol-based drinks. Temperatures inside automobiles can quickly exceed 130 degrees. Children and pets can be quickly overcome in just a few minutes. **Never leaves children or pets unattended in a car.**



Mosquito-borne Diseases:

The summer months increase the potential of infection with encephalitis from viruses carried by mosquitoes, including Eastern Equine and West Nile. Observation of the five D's of protection reduce the low risk of infection. Avoid Dusk and Dawn, use DEET repellants. Do wear long sleeve shirts and pants if out at prime mosquito feeding times, and Drain potential mosquito breeding sites from around your house.

The Florida Department of Health wishes all citizens and visitors a happy and safe summer. By minding these basic precautions, we can all enjoy the beauty and fun our state has to offer. For additional information on these topics or other areas of concern, contact your local county health department. MyFlorida.com - Florida's official Website



Focus on Wellness

RED 'N WHITE CAPRESE SALAD

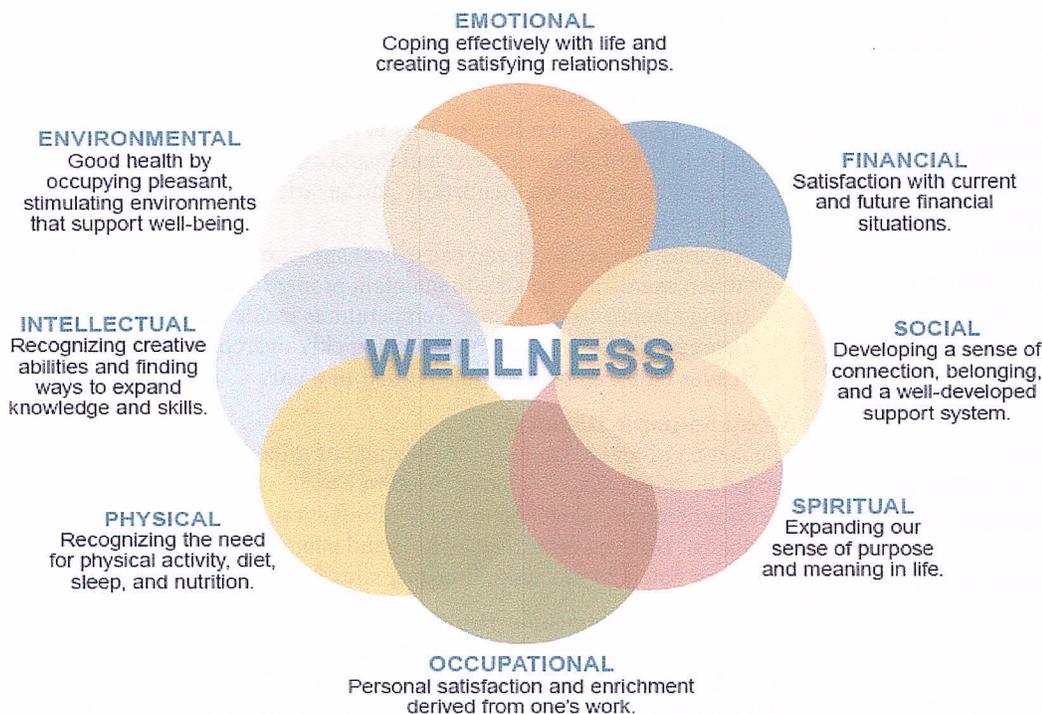
- 4 large red or yellow tomatoes, sliced
- 8 ounces fresh mozzarella cheese, drained and sliced
- 1 bunch fresh basil leaves
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper, to taste



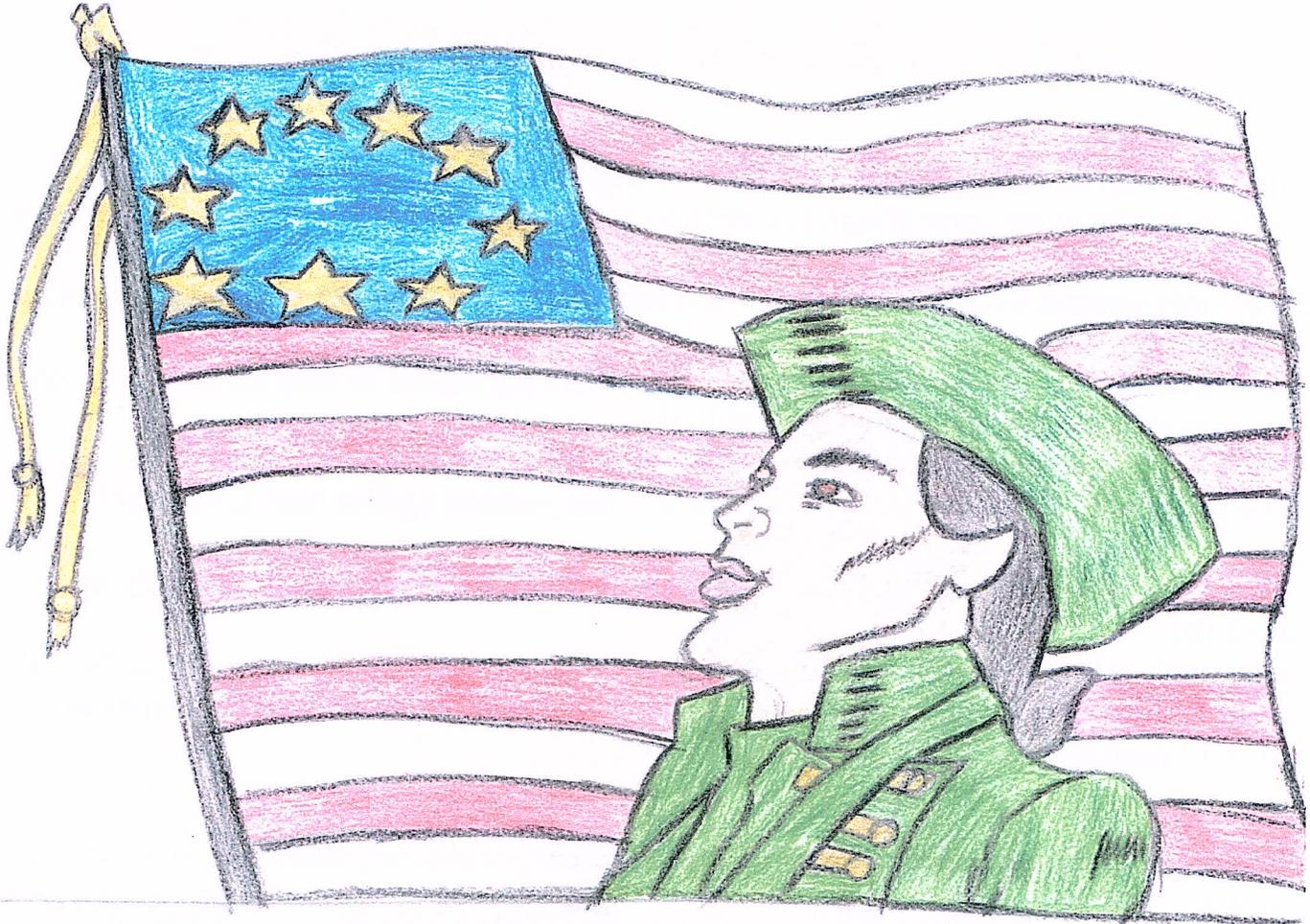
Arrange tomato, cheese slices and basil alternately overlapping on a platter. In a small bowl, whisk oil and vinegar together. Pour over tomatoes, cheese and basil. Season to taste with salt and pepper. Serve caprese salad with crusty whole-grain bread or focaccia, if desired.

Nutrition Facts Per Serving: Calories 121, Protein 8 gm, Carbohydrate 3.5 gm, Dietary Fiber 1.5 gm, Fat 8 gm, Saturated Fat 3.5 gm, Sodium 221 mg

EIGHT DIMENSIONS OF WELLNESS



Consumer Corner



Remembering our nation's Independence Day. Celebrating the Fourth of July is one of the best parts about summer. You can barbecue with your family, watch fireworks, and maybe even go to a parade. Take part in all the fun summer activities!

By: Michael Brown
Consumer, PSR

Health and Wellness



Nothing can ruin an otherwise great day like a nasty sunburn. We all know we should use sunscreen, but there are some things you need to be aware of before you head out this season.

Here are this summer's new guidelines for sun protection from the FDA to avoid sun burn and skin damage:

- Most people don't put on enough sunscreen. Doctors say that to be fully covered, you need to apply the equivalent of a shot glass full of lotion to your body.
- You need to reapply sunscreen every 90 minutes to 2 hours.
- Make sure your sunscreen is "broad-spectrum" and protects against both UVB *and* UVA rays.
- Choose an SPF of at least 30. Doctors say that anything over SPF 50 doesn't really mean anything.
- New guidelines will no longer allow sunscreens to claim they are "water proof" or "sweat proof." They can claim they are "water-resistant" but even so, doctors and scientists say, you still need to apply every 90 minutes to 2 hrs.

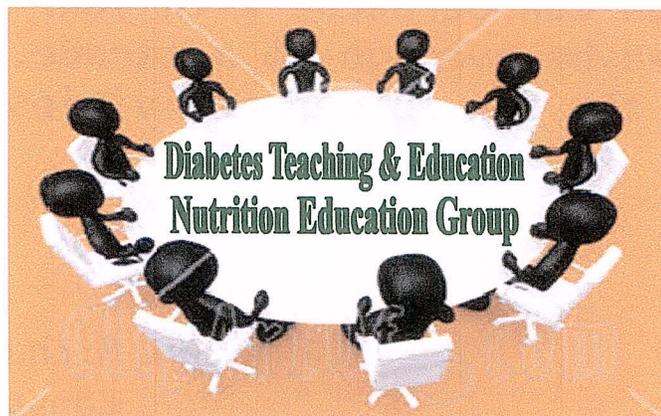
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Wellness Groups

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offered at BAWIC

Available on site:



For more information, contact: Mr. Irvine/Mrs. Wyre, Bond-Apalachee Wellness Integration Center (BAWIC) at (850) 523-3440.