

Just for the Health of It

Warren County Public Health Newsletter July 2022

Park, Look, Lock

It is important to always, Park, Lock and Look. This will help you make sure that you don't forget anything when leaving your car including your children. Regardless of how "quick" you are going to be, leaving a child in a car can have devastating consequences. In just 10 minutes, the inside of a car can be 20 degrees hotter than the outside temperature. In an hour, it'll increase to 40 degrees. Additionally, a child's body heats up 3 to 5 times faster than an adult, resulting in the death of a child within minutes. Make it a habit to check the whole vehicle before leaving. Whether it is writing a sticky note or placing your own personal belongings back there, it is important to make sure you check the whole vehicle before leaving. Always ask yourself before leaving "Where's baby?" this will help keep in mind that you should never leave your child in the car unattended.

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Health Events

We are celebrating World Breastfeeding Week August 1-7 by organizing an interactive session at the Glens Falls Farmer's Market on Aug. 6th from

9 am-Noon. Join us to get your queries answered from our Experts, receive Farmer's Market coupons, and put in a raffle ticket for a chance to win Fun Breastfeeding promotional items. See you there!



Warren County
Public Health

BBQ and Firework Safety

We know Fourth of July is just around the corner and we're just as excited as you are. But the best way to enjoy any holiday, is the safe way. Barbecues and fireworks are dangerous when used negligently. Read on to find out how to stay safe and still have fun

Barbecue Safety

Every year, you can expect a grill going in almost everyone's backyard as July rolls around. With 64% of US households having an outdoor barbecue, grill or smoker, it is pretty common to find them up here. However, it is important to remind everyone of the dangers that grills can pose if they aren't used correctly. In fact, 10,600 home fires are started each year on average and 19,700 patients visit the ER because of unsafe use of grills. Of the 19,700, 9,500 have thermal burns. With that said, here are some ways to use grills safely and make sure you have the best burgers and hot dogs without burning the house down.

- Grill outside 10 feet away from the house. Grills in the garage or in a covered balcony do not have a suitable ventilation rate for grills and have an increased risk of fires.
- Make sure your grill is located on a flat, level surface or else you risk tipping the grill over
- Check your grill for leaks. Propane leaks are a serious danger for you or anyone else around you.
- Never leave your barbecue unattended while in use. The risk of forgetting it and having a fire is way too high.
- Keep a water spray on hand. This way you can prevent small flare ups and even better, the water won't ruin the food.
- Always have a fire extinguisher nearby. This one is pretty self explanatory but is just as important as ever.

Quick Stats:

- 74% of drowning incidents for children younger than 15 between 2015 and 2017 occurred in residential locations
- Boys younger than 15 die from drowning at twice the rate as girls
- 351 children younger than 15 died in pools and spas in 2015
- Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year
- One out of every 5 drowning victims is a child
- Drowning is the number 2 leading cause of death for kids aged 5 to 14

Firework Safety

Leave fireworks to the experts. They can be dangerous and can lead to serious burns and eye injuries, or fires. About 50% of firework injuries are to children and young adults. Anything bigger than poppers, sparklers and fountains are not available for use at home in New York State. If you are driving out of state to purchase fireworks, it's probably because they are illegal here. You also are supposed to be at least 18 years old to handle legal fireworks, so you're not really supposed to hand sparklers to children.

Sparklers burn at about 2,000 degrees. So here are some tips to use them.

- Never let young children play with or ignite sparklers or fountains.
- Keep a bucket of water or a hose nearby in case of a fire or other mishap
- Never light them indoors
- Use them away from people, houses, and flammable materials
- Consider using safer alternatives, like glowsticks, confetti poppers or colored streamers.

Warren County has banned the use of fireworks. For more information, the law can be found at the link below:

<https://warrencountyny.gov/sites/default/files/gov/Warren%20County%20Local%20Law%20No.%2010%20of%202021.pdf>

Quick Tips to beat the heat:

- Stay cool by wearing appropriate clothing (lightweight, light-colored, loose-fitting)
- Stay in air-conditioned areas as much as possible
- Pace yourself, wear sunscreen
- Do not leave children in cars
- Stay hydrated by drinking plenty of fluids (stay away from very sugary or alcoholic drinks)
- Replace salt and minerals since sweating removes them from the body
- And stay informed by checking the local news for updates about extreme heat and safety tips
- Know the signs of illness and monitor those at risk.

Safe Driving

With the summer in full swing and Fourth of July right around the corner, we know you want to get out and see something new. However, it's important we do it safely. Read below to learn about how to drive safe when traveling.

Seat Belts

Buckle Up. Every Trip. Every Time. Ensure that everyone else in your vehicle is buckled up in age- and size-appropriate car seats, booster seats, or seat belts.

Stock Your Vehicle

Even a well-maintained vehicle can break down, so it's a good idea to put together an emergency roadside kit to carry with you. A cell phone tops the list of suggested emergency kit contents since it allows you to call for help when and where you need it. Recommended emergency roadside kit contents include:

- Cell phone and charger
- First aid kit
- Flashlight
- Flares and a white flag
- Jumper cables
- Tire pressure gauge
- Jack (and ground mat) for changing a tire
- Basic repair tools and some duct tape (for temporarily repairing a hose leak)
- Water and paper towels for cleaning up
- Nonperishable food, drinking water, and medicines
- Maps
- Emergency blankets, towels and coats

Plan Your Route

Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip; allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS, and let others know your route and anticipated arrival time.

Stay Alert

Keep your gas tank close to full whenever possible. For longer trips, plan enough time to stop to stretch, get something to eat, return calls or text messages, and change drivers or rest if you feel drowsy.

Avoid Risky Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs whether legal or illicit can cause impairment. It is illegal to drive impaired by any substance in all states – no exceptions. Alcohol and drugs can impair the skills critical for safe and responsible driving such as coordination, judgment, perception, and reaction time.

For more information regarding where to find any parks, visit the Warren County Planning Department Geographic Information System here:

<https://warrencountyny.gov/gis/maps/Recreation-Maps>

Parks and Rec

This month is national Parks and Rec month and we wanted to celebrate by having each town talk about their own Parks and Rec department. Thank you to all of the Parks and Rec departments for all that you do!

"Our public parks have become a huge center of activities for the residents and visitors of our area. Free events and activities of a wide variety of draw thousands annually to participate in sports, hike, jog, swim, ski or just sit and enjoy. Our Parks Department is always looking for ways to increase the scope of activities to assist our users' physical and mental wellness."

*Mayor Robert M. Blais
Village of Lake George*

"The workers at a Park and Recreation Department are dedicated in maintaining a well maintained environment. It offers a vital component to the well-being of not just children but to adults as well. A place where you can relax and soak up the atmosphere, or energize with an activity, make new friends, experience something new, enjoy and develop a love for the great outdoors. Memories and experiences to be made that will last lifetime."

*Supervisor Edna Fraser
Town of Hague*

"We are blessed in Warren County to have dozens of fantastic parks, trails and waterways to enjoy year-round, playing a large part in the quality of life we enjoy here in our county. Warren County is particularly proud of the properties and facilities operated and maintained by Warren County Parks, Recreation and Railroad and Warren County Department

of Public Works, which include hiking trails for all abilities, canoe and kayak launches, railbiking on our rail line and Warren County Fish Hatchery, among others. Our Planning Department has also made it easy to find all of the information you need about recreation spots around the county. Get outside, get some exercise to stay healthy and enjoy all that we have to offer at our parks."

*Kevin Geraghty
Chairman of the Warren County Board of Supervisors*

"The Town of Chester has increased the breadth of its recreational assets by establishing the Chester Challenge – a hiking trail system throughout the Town. The short, moderate-level hikes have made simple recreation accessible to more residents and visitors alike. This is in addition to other recreational amenities, such as the Loon Lake Beach and boat launch, Dynamite Hill ski hill and recreation area, Chestertown dog park, Pottersville playground and ball courts. All of these are available to the public for free and are kept in great condition by the Town's Park & Recreation Department for year round enjoyment. By having a dedicated and equipped staff, our community has the ability to stay healthy and have fun."

*- Craig Leggett
Supervisor of Chestertown*

Food Safety—Internal Temperatures

FOOD	TYPE	INTERNAL TEMPERATURE (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165
Pork and Ham	Fresh pork, including fresh ham Rest Time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA- inspected plants to 140 °F	165
Eggs and Egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (frittata, quiche)	160
Left overs and casseroles	Leftovers and casseroles	165
Sea food	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shell open during cooking