

Health & Wellness Tip of the Week

Week 29 July 16, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



Too Hot for Little Hands – and Big Ones Too.

A cake bakes at 350 degrees Fahrenheit, wood burns at 575 and glass melts at 900. Sparklers burn at a temperature of 1,200. That's hot enough to cause third-degree burns.

To keep little hands (and other body parts) safe around sparklers and all types of fireworks, follow these tips:

- Don't allow young children to play with or light fireworks.
- Always have an adult watch over the use of fireworks.
- Skip buying fireworks with brown paper wrappers. They are for expert use and could be unsafe for amateurs.
- Make sure you, your kids and others watch fireworks displays from a safe distance.
- Call 911 right away if someone gets hurt from fireworks.

Sources: National Fire Protection Association; Centers for Disease Control and Prevention

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