

# City Of Mission's



# Healthline

## June 2016



Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Summer Safety*.



## Save the Date!

### Upcoming Events:

June 16, 2016  
Health & Wellness Seminar  
Topic: Summer Safety  
Where: Council Chambers  
Time: 2:30p.m. – 3:30 p.m.

## Stay Healthy & Safe When Camping

Camping is a great way to enjoy the outdoors, stay active and spend time with family and friends. Following these tips can help you make sure that your camping trip is not only fun but safe.

- Before going camping, it's a good idea to check with your doctor to see if you are current on your shots.
- Get the facts about your camp location, including security, rules and facilities on hand.
- Check the weather before you leave home.
- Make sure family or friends know your plans.
- Prepare for a crisis when packing.

### Packing Checklist:

- Bedding and extra blankets
- Bug repellent that has DEET for skin and permethrin for clothes
- Cell phone
- Compass or GPS
- Copy of your health records and emergency contacts
- Extra clothes
- First-aid kit
- Flashlight and extra batteries
- Hand-sanitizer
- Healthy snacks and food
- Insulated cooler
- Long sleeves and pants in light colors; sturdy shoes
- Map
- Pocket knife and mirror
- Prescription medicines
- Special items such as a life jacket if you'll be near or in water
- Sunglasses
- Sunscreen
- Tent and plastic cloth for the ground
- Trash bag
- Water and water-purification tablets
- Whistle

*Source: Journal of Public Health Medicine*



# Heating Up The Grill?

**Keep safety first when heading to the barbecue.**

Before any outdoor cooking starts, make sure you know the facts about fire safety.

- Both propane and charcoal grills pose fire dangers. They are also sources of carbon monoxide.
- Grills should always be used away from the home, deck railings and out from under eaves and overhanging branches.
- All grills should only be used outdoors.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup.
- Never leave your grill unattended.

## Propane grills:

- Check hoses for any signs of damage like cracking, brittleness, holes and leaks. Replace if needed.
- Make sure there are no sharp bends in the hose or tubing.
- Check for gas leaks. Open the valve that carries the gas.
- Put a soapy solution with a brush at the connection point. If bubbles appear, you have a leak. Try making the connection tighter. If that does not help, close the valve and have the grill repaired by someone who is trained to do it.
- If you have a leak that you cannot stop, call the fire department.
- If you smell gas while cooking, get away from the grill and call the fire department. Do not move the grill.

## Charcoal Grills:

- If you use a starter fluid, use only charcoal starter fluid.
- Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid away from heat sources.
- If you use an electric charcoal starter, be sure to use an outdoor extension cord.
- Let the coals cool before throwing away in a metal container.



### Source:

*U.S. Consumer Product Safety  
Commission, U.S. Dept of  
Agriculture*

## Red Alert: Know The Facts About Sunburn

Slathering on sunscreen before you go outdoors is always a good idea. But using sunscreen alone may not be enough to shield you from the sun's harmful ultraviolet radiation (UV). Lack of sun safety puts you at risk for skin cancer, the nation's most common form of cancer. Always wear plenty of sunscreen before heading outside. Then add these steps in your sun-safety plan:

- Don't burn
- Wear sun-shielding Clothing
- Stay in the shade
- Don't tan or use tanning beds
- Watch for extra sun glare from sand, and water
- Get Vitamin D from safe sources like milk, cheese, and yogurt
- Know the UV index
- Reapply sunscreen every two to three hours when outdoors for an extended time.

Bright days are ahead when you practice sun safety all year round.

### Source:

*U.S. Environmental Protection  
Agency*





## Keep Your Head Above Water This Summer

While enjoying summertime fun, don't forget safety. Drowning is ranked the fifth leading cause of accidental injury in the U.S. Stay afloat this summer with these drowning prevention tips:

- Learn life-saving skills, such as CPR.
- Install a pool fence.
- Swim with a buddy.
- Avoid alcohol when swimming or supervising children.
- Watch the weather forecast before engaging in water activities.
- Wear a life jacket at the beach or lake and at the pool if you are a poor swimmer.
- Obey beach warning signs and avoid strong waves or currents.
- Remove floats and toys from the pool and deck when not in use so children won't be tempted to enter the pool area when no one is watching.

**Source:**

*Center for Disease Control and Prevention*

## Question & Answer

**What happens to the body as a result of exposure to extreme heat?**

**Answer:** People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

**What is a heat stroke?**

**Answer:** Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

**What should I do if I see someone with any of the warning signs of a heat stroke?**

**Answer:** Have someone call for immediate medical assistance while you begin cooling the victim. Do the following: Get the victim to a shady area. Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously. Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102F. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the victim alcohol to drink. Get medical assistance as soon as possible.



# Tips For Healthy Travel

Illness is not in anyone's vacation plan. But traveling in good health requires some advance planning. Check into immunizations at least six weeks before going abroad. In addition, these tips may help you stay well on your next trip:

- When in doubt about the water, avoid ice and stick to bottled or canned beverages
- If the food is questionable, stick to meals that are freshly cooked. Also, don't eat fresh fruits and veggies unless you wash and peel them yourself
- If you always take any prescription or over-the-counter meds, pack more than you think you will need. Also, ask your doctor to give extra prescriptions in case you need refills. Be sure to carry all your medications with you in your purse or carry-on bag
- Remember to bring extra prescriptions for your contacts or eyeglasses in case of damage. Or bring along a spare pair
- Sunscreen, insect repellent and diarrhea medications are good to have when traveling
- If you have a chronic medical condition, get a medic alert bracelet. Or carry a letter that explains your condition



*Source:*  
*Texas Sinus Center*

## Healthy Recipe

### Creamy Cucumber Fennel Salad

This super simple salad features cool English cucumbers, fresh fennel and tangy Greek yogurt. Both cucumbers and fennel contain fiber and water which, by making you feel fuller faster, can help you get to and keep a healthy weight. Greek-style yogurt with a splash of apple cider vinegar makes a light creamy dressing with the perfect tinge of tartness.

### Makes 4 Servings

**Per serving:** 44 calories, 0 g total fat (0 g saturated fat), 7 g carbohydrate, 5 g protein, 1 g dietary fiber, 109 mg sodium.



### Ingredients:

- 1 container (5-6 oz.) plain, low fat Greek yogurt
- 2 tsp. apple cider vinegar
- 1/8 tsp. salt or to taste
- Freshly ground black pepper to taste
- 2 cups thinly sliced English cucumber
- 1 small or 1/2 large fennel bulb, cut into quarters, cored, thinly sliced crosswise (about 1 cup)
- 3 Tbsp coarsely chopped fennel fronds, divided

### Directions:

- In a medium bowl, whisk together yogurt, vinegar, salt and pepper.
- Add cucumber, fennel and 2 tablespoons fronds and toss to coat.
- Transfer to serving dish and garnish with remaining fennel fronds. Serve immediately or refrigerate until serving.

# Move Of the Month:

## 30 Day Arm Challenge

In the month of June, challenge yourself to complete this 30 day ARM Challenge. For each day, there is a list of exercises that you can easily do at home, and at your own pace, that will help strengthen your arms and give them a nice tone.



# 30 DAY ARMS CHALLENGE

[www.30dayfitnesschallenges.com](http://www.30dayfitnesschallenges.com)

**DAY 1** 6 TRICEP DIPS / 4 PUSH UPS  
8 MOUNTAIN CLIMBERS

**DAY 2** 6 TRICEP DIPS / 4 PUSH UPS  
8 MOUNTAIN CLIMBERS

**DAY 3** 6 TRICEP DIPS / 5 PUSH UPS  
10 MOUNTAIN CLIMBERS

**DAY 4** 6 TRICEP DIPS / 5 PUSH UPS  
10 MOUNTAIN CLIMBERS

**DAY 5** REST DAY

**DAY 6** 8 TRICEP DIPS / 6 PUSH UPS  
10 MOUNTAIN CLIMBERS

**DAY 7** 8 TRICEP DIPS / 6 PUSH UPS  
12 MOUNTAIN CLIMBERS

**DAY 8** 8 TRICEP DIPS / 8 PUSH UPS  
12 MOUNTAIN CLIMBERS

**DAY 9** 8 TRICEP DIPS / 8 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 10** 10 TRICEP DIPS / 8 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 11** 10 TRICEP DIPS / 8 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 12** REST DAY

**DAY 13** 8 TRICEP DIPS / 8 PUSH UPS  
12 MOUNTAIN CLIMBERS

**DAY 14** 8 TRICEP DIPS / 8 PUSH UPS  
12 MOUNTAIN CLIMBERS

**DAY 15** 8 TRICEP DIPS / 9 PUSH UPS  
12 MOUNTAIN CLIMBERS

**DAY 16** 8 TRICEP DIPS / 9 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 17** 10 TRICEP DIPS / 9 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 18** 10 TRICEP DIPS / 9 PUSH UPS  
15 MOUNTAIN CLIMBERS

**DAY 19** REST DAY

**DAY 20** 10 TRICEP DIPS / 9 PUSH UPS  
18 MOUNTAIN CLIMBERS

**DAY 21** 10 TRICEP DIPS / 10 PUSH UPS  
18 MOUNTAIN CLIMBERS

**DAY 22** 10 TRICEP DIPS / 10 PUSH UPS  
18 MOUNTAIN CLIMBERS

**DAY 23** 10 TRICEP DIPS / 10 PUSH UPS  
20 MOUNTAIN CLIMBERS

**DAY 24** 10 TRICEP DIPS / 10 PUSH UPS  
20 MOUNTAIN CLIMBERS

**DAY 25** 10 TRICEP DIPS / 11 PUSH UPS  
20 MOUNTAIN CLIMBERS

**DAY 26** REST DAY

**DAY 27** 12 TRICEP DIPS / 11 PUSH UPS  
22 MOUNTAIN CLIMBERS

**DAY 28** 12 TRICEP DIPS / 11 PUSH UPS  
22 MOUNTAIN CLIMBERS

**DAY 29** 12 TRICEP DIPS / 11 PUSH UPS  
22 MOUNTAIN CLIMBERS

**DAY 30** 12 TRICEP DIPS / 12 PUSH UPS  
25 MOUNTAIN CLIMBERS

Complete the puzzles and turn them to Human Resources by June 10, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

## Puzzle

Congratulations to  
last month's winner:  
*Cindy Villanueva*  
Finance

A	U	R	U	S	Y	S	S	G	S	S	S	O	M	F
X	M	L	P	T	R	W	X	P	K	U	R	U	A	I
C	U	U	E	C	I	J	O	W	N	N	Z	T	E	S
D	A	F	S	M	S	L	Y	S	Q	G	I	D	R	H
P	A	M	M	E	F	K	C	N	R	L	A	O	C	I
S	O	I	P	P	M	R	R	S	X	A	J	O	E	N
V	N	O	I	I	E	E	W	O	S	S	E	R	C	G
G	W	L	L	E	N	N	N	T	W	S	I	S	I	N
V	F	O	N	D	A	G	O	T	Q	E	Q	N	T	I
K	R	A	P	R	E	T	A	W	P	S	R	A	F	L
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N	O	I	T	A	C	A	V	X	E	N	R	A	F	V
F	I	R	S	T	A	I	D	Z	I	D	T	K	E	A
R	E	M	M	U	S	M	V	N	B	E	A	C	H	R
N	U	F	I	R	V	P	G	U	I	C	M	L	Q	T

- |                |            |            |           |
|----------------|------------|------------|-----------|
| Amusement Park | Fishing    | Outdoors   | Sunscreen |
| Beach          | Flip Flops | Pool       | Swimming  |
| Camping        | Fun        | Safety     | Tanning   |
| CPR            | Grilling   | Sand       | Traveling |
| Fireworks      | Hat        | Summer     | Vacation  |
| Firstaid       | Icecream   | Sunglasses | Waterpark |

3			7		4	2	8	
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	6		9				2	5
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Next Month's Issue:

*Emergency Planning*