



Warren County Health District

News and Information
www.wchd.com

Duane Stansbury, R.S.,
M.P.H
Health Commissioner
NO. 432
July 2022

Fireworks Safety Tips

Under new Ohio Law, it is legal for people to discharge, ignite, or explode fireworks on certain days of the year, such as the 3rd, 4th, and 5th of July.

The safest option for discharging fireworks are to not discharge them, and actually going to watch professionals, but if you are going to use fireworks, here are some safety tips you should follow:

- Never allow children to play with, or ignite fireworks
- Make sure there is an adult supervising when there are children using sparklers- they burn at temperatures around 2,000 degrees Fahrenheit
- Have a bucket of water or a hose nearby in case there is a mishap
- Do not point or throw fireworks at another person
- Never try to relight a "dud" firework- wait and soak it into a bucket of water
- Do not operate fireworks under the influence of drugs or alcohol

Regardless of where or how you enjoy fireworks, it is very important to have some sort of hearing protection. When fireworks go off, they emit around 150-175 decibels of sound, which is well above the recommended 140 decibels of sound for adults and 120 decibels of sound for children. Infants should not be exposed to fireworks, as they experience much more sensitivity to sounds.



Health Benefits of Gardening

According to Scotts Miracle-Gro, 55% of American Adults are currently gardening or caring for their lawn. This study also showed that people garden or take care of their lawn or garden do it to keep themselves busy, to feel accomplished, reduce stress, and to have access to some fresh fruits, vegetables and herbs. There are numerous health related benefits associated with gardening. Studies have shown that if someone gardens, there may be reductions in their body mass index (BMI), anxiety, and depression and increases in life satisfaction, quality of life, and sense of community. Gardening can also act as a form of aerobic exercise, which the American Heart Association (AHA) and the Centers for Disease Control and Prevention (CDC) recommends that adults get 150 minutes of moderate-intense aerobic exercise a week.

If you are interested in gardening and don't know where to begin, there are websites such as <https://www.miraclegro.com/en-us/newbie-gardener-central>, which offer guidance to new gardeners.



What is the UV Index?

July is observed as UV safety month. UV's, or ultraviolet radiation are naturally and artificially occurring types of radiation on earth. There are 3 types of UV radiation, UVA, UVB and UVC. Over exposure to UVA and UVB radiation can affect health, causing sunburns, eye conditions, and certain skin cancers. UVC radiation does not pose as high of risk to human health, as it is absorbed by earth's ozone layer and the atmosphere. UV radiation, in moderation, is beneficial, as it can include the production of Vitamin D.

The World Health Organization recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

To protect yourself against the harmful effects of UV radiation, it is important to wear appropriate sun protection, such as sunscreen with a minimum sun protection factor (SPF) of 15, and sunglasses. It is also very important to avoid tanning beds, as they can increase the risk of developing melanoma. Another tool that can help with protecting against UV radiation is to check the UV index. The UV index is a measure of how many UV rays reach the earth, and figures the risk of overexposure to the sun. This index predicts UV levels on a scale of 1-11+, with 1 being the lowest risk of over exposure, and 11+ being the highest risk of overexposure. You can view this scale on any weather app on your phone, and it is typically given during a weather forecast section on the news.

The WCHD will
be closed on
**Monday, July
4th** in
observance of
**Independence
Day**

UV Index

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

Cookout Safety

It is very important to ensure that any and all food is cooked correctly, especially at cookouts and gatherings. When cooking or grilling foods, it is important to have a food thermometer on hand to ensure that food reaches an internal temperature that is hot enough to kill any harmful germs that can harm. If there is food that needs to stay hot, try to make sure that it stays at 140 degrees Fahrenheit or above by using tools such as slow cookers and warming trays to maintain temperature. It is also important to keep refrigerated foods, such as fruits, coleslaw and potato salad under 40 degrees Fahrenheit by either keeping them in a refrigerator, a cooler filled with ice, or placing the dish in a bowl filled with ice.

At a cookout, it is important to throw away perishable food items such as various meats, fish, dairy, cut fruit and vegetables in an appropriate time frame because they can become unsafe. The general rule of thumb is to throw these food items away if they have been left out for two hours or more, but if they have been sitting out for an hour or longer in 90 degree temperatures and higher, they need to be thrown away.

