

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



This newsletter is now 2 years old! Thank you for your readership and for sharing! How are we doing? **Please help us** by completing this short survey:
<https://forms.gle/cvuEo7Pvkxwmh3fu5>



Summer Safety Issue

A Note from the Nurse's Office:

As the summer season approaches, it's essential for families to prioritize safety while enjoying the warm weather and outdoor activities. Here are some vital tips to keep everyone safe and healthy this summer. Firstly, sun protection is crucial. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, and remember to reapply every two hours, especially after swimming or sweating. Encourage children to wear hats and sunglasses and seek shade during peak sun hours between 10 a.m. and 4 p.m. Hydration is another key aspect; ensure everyone drinks plenty of water throughout the day to prevent dehydration, particularly during strenuous activities. When participating in water activities, never leave children unattended near water, and ensure they wear appropriate life jackets. It's also beneficial to enroll them in swimming lessons to enhance their water safety skills. Additionally, practicing bicycle and road safety is vital. Equip bikes with helmets and ensure they are worn properly every ride. Teach children the rules of the road and supervise them closely. Bug protection is also necessary during summer outings. The use of insect repellent can help protect against mosquitoes and ticks. It is also important to conduct regular checks for ticks after outdoor activities. Lastly, staying cool is important to avoid heat-related illnesses. Dress in lightweight, loose-fitting clothing and take frequent breaks in shaded or air-conditioned areas. Pay attention to signs of heat exhaustion, such as heavy sweating, weakness, or nausea, and seek medical attention if needed. By following these summer safety tips, families can enjoy a fun-filled, safe, and healthy season. Let's make this summer memorable for all the right reasons!

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Public Health
Prevent. Promote. Protect.
Wayne County, NY



WAYNE COUNTY
Community Schools

Flavored Water Recipes

Keep it simple with one option, or mix flavors together.

Flavors	Ingredients		Preparation
	1 Gallon Water	2 ½ Gallons Water	
Cucumber	½ cucumber	4 to 5 cucumbers	Slice crosswise into thin slices. Leave skin on for color.
Citrus - Lemons, Oranges, Limes, Grapefruit	2 small or 1 large	4 to 5 small or 2 large	Slice thinly in whole circles or quarter wedges. Leave skin on for added color and flavor.
Herb - Mint, Basil, Rosemary	10 small leaves or a small sprig	20 to 25 small leaves or 2 to 3 small sprigs	Tear or crush the leaves to release the flavor.
Strawberry Kiwi	12 to 16 strawberries (about 1 pint) and 2 kiwi	30 to 40 strawberries (about 2 ½ pints) and 5 kiwi	Peel the kiwi. Slice both fruits into thin slices.

- To save refrigerator space and make the water easier to transport, you can prepare the recipe using half the recommended amount of water. Refrigerate. Add the remaining cold water (and ice, if desired) just prior to serving.
- Trim away any damaged or bruised areas on produce before adding to water.
- Mash the fruit to release the most flavor. Caution: seeds or mashed fruit can clog water dispenser spigots.
- Refrigerate for several hours or overnight to allow the most flavoring.
- Produce from the water can be used as garnish in drinking cups.
- Water will last up to 3 days in the refrigerator.

SOURCE: FOOD HERO



HEAT STRESS Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine Color Test

WELL HYDRATED

HYDRATED

DEHYDRATED
Drink water!

SEVERELY DEHYDRATED
Drink water immediately!

Hydrate Before Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

Hydrate During Work

- Drink before feeling thirsty. **By the time you feel thirsty, you are already behind in fluid replacement.** Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
 - This translates to ¾–1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.

How much water is that?

- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

Hydrate After Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.

Where can I get food for my family this summer?



www.waynepartnership.org/food



Site Name	Address	Hours	Dates
Marion Town Park	4072 Park Drive, Marion NY	11:45am - 12:30pm (lunch)	July 8th - August 16th (Monday - Friday)
Palmyra Community Library	402 E Main Street, Palmyra NY	11:30am - 1:30pm (lunch)	July 15th - August 15th (Monday - Thursday)
Newark Public Library	1212 High Street, Newark NY	11:30am - 1:30pm (lunch)	July 15th - August 15th (Monday - Thursday)
Lyons Senior High School	10 Clyde Road, Lyons NY	6:45am - 9:00am (breakfast) 11:00am - 1:15pm (lunch)	July 8th - August 9th (Monday - Friday)
Red Creek High School	6574 South Street, Red Creek NY	7:30am - 9:00am (breakfast) 11:00am - 12:30pm (lunch)	July 8th - August 1st (Monday - Thursday)
Leavenworth Middle School	5957 New Hartford Street, Wolcott NY	7:30am - 9:00am (breakfast) 11:00am - 12:00pm (lunch)	July 8th - August 16th (Monday - Friday)
North Rose-Wolcott Elementary	10456 Salter Road, North Rose NY		
Sodus Intermediate Café	54 Mill Street Extension, Sodus NY	7:50am - 8:50am (breakfast) 10:30am - 12:15pm (lunch)	July 8th - August 16th (Monday - Friday)

WATER SAFETY

Follow these simple tips to stay safe around bodies of water this summer



-  Wear a lifejacket
-  Check depth of water before diving
-  Swim in areas supervised by lifeguards
-  Never swim during thunderstorms or when lightning is present
-  Always have an adult supervising children
-  Never swim under the influence of drugs or alcohol




STEPS TO BIKE SAFE

-  **1 PROTECT YOUR HEAD**
Wear a properly fitted helmet to protect your head
-  **2 OBEY TRAFFIC RULES**
Cyclists must follow the same rules of the road as cars.
-  **3 SEE AND BE SEEN**
Wear bright and reflective clothing.
Have reflectors and lights on your bike
-  **4 WATCH FOR ROAD HAZARDS**
Remain alert
Make sure you are always looking both ways and behind you
-  **5 USE HAND SIGNALS**
Use hand signals so cars are aware of your intentions



