

JIFNEWS

A Quarterly Newsletter from the Somerset County Joint Insurance Fund featuring Safety, Health & Wellness



What's Cool to Know When it's Hot

FOODBORNE ILLNESS WHEN EATING OUTDOORS

To protect yourself and others from foodborne illness, practice safe food handling techniques when eating outdoors. Keep these tips in mind when preparing, storing, and cooking food for picnics or barbecues.

TEMPERATURE CONTROL

Bacterial growth occurs in food that stays in the **danger zone** between 40° and 140°F for two hours. The maximum allowed time is reduced to one hour if the surrounding temperature is above 90°F.

- If prepared food sits out for longer than the maximum allowed time, throw it out.
- **Keeping cold food cold:**
 - Use a cooler packed with ice or frozen gel packs to keep cold food under 40°F.
 - Pack frozen meat, poultry, or seafood while still frozen.
 - Avoid opening the cooler more than necessary. For this reason, store beverages in a separate container so that they can be accessed without affecting the temperature of the food.
 - The marinating of raw meat, poultry, or seafood prior to grilling must be done in cold temperatures.

Keeping hot food hot:

- Wrap hot food and place in an insulated container.
- Grilled food can be placed on the side of the grill rack to stay warm.

SEPARATING RAW AND COOKED FOODS

When dealing with raw meat, poultry, or seafood, be very careful to avoid cross-contamination. Prevent raw juices from contaminating food that has been cooked or will be eaten raw.

- Wrap raw meat, poultry, or seafood securely.
- Never reuse marinade.
- If platters or utensils touch raw meat, poultry, or seafood, do not reuse them on cooked food, unless they have been washed in hot, soapy water.

SANITATION

- Rinse fresh fruit and vegetables before packing them. Scrub those with firm skins.
- Wash your hands before eating, either with water, soap, and paper towels or with moist towelettes.
- Keep eating surfaces, serving platters, and utensils clean.

GRILLING SAFETY

- Cook foods thoroughly. Use a meat thermometer to assure that the grilled food reaches the proper internal temperatures. These temperatures are as follows:

- 145°** BEEF, FISH, PORK, LAMB, VEAL STEAKS, ROASTS
- 160°** GROUND PORK OR BEEF
- 165°** POULTRY, BREAST OR WHOLE

- If foods will be partially cooked before grilling, do this right before grilling them. They must not stay in a partially cooked state.
- Check the food for foreign objects after removing from the grilling surface.





Thunderstorm Safety

All thunderstorms produce lightning and are dangerous. If you hear the sound of thunder, then you are in danger from lightning. Lightning kills between 75 to 100 people each year and being outdoors is the most dangerous place to be. Always listen to the radio and television for the latest information and instructions for your area.

A **THUNDERSTORM WATCH** means a thunderstorm is possible for your area.

A **THUNDERSTORM WARNING** means a thunderstorm is taking place in your area.

IF YOU'RE OUTDOORS:

- Keep an eye on the sky. Look for darkening skies, flashes of lightning, or increasing winds. Lightning often proceeds rain, so don't wait for the rain to begin. If you hear the sound of thunder, go to a safe place immediately.
- The best place to go is a sturdy building or a car, but make sure the windows in the car are shut. Avoid sheds, picnic areas, baseball dugouts and bleachers.
- If there is no shelter around you, stay away from trees. Crouch down in the open area, keeping twice as far away from a tree as it is tall. Put your feet together and place your hands over your ears to minimize hearing damage from thunder.
- If you're with a group of people stay about 15 feet from each other.
- Stay out of water. It's a great conductor of electricity. Swimming, wading, snorkeling and scuba diving are not safe. Also, don't stand in puddles.
- Avoid metal. Stay away from

clotheslines, fences, and drop your backpacks because they often have metal on them.

- If you're playing an outdoor activity, wait at least 30 minutes after the last observed lightning strike or thunder.

IF YOU'RE INDOORS:

- Avoid water. It's a great conductor of electricity, so do not take a shower, wash your hands, wash dishes or do laundry.
- Do not use a corded telephone. Lightning may strike exterior phone lines.
- Do not use electric equipment like computers and appliances during a storm.
- Stay away from windows and doors, and stay off porches.

IF SOMEONE IS STRUCK BY LIGHTNING:

- Call for help. Call 9-1-1 or send for help immediately.
- The injured person does not carry an electrical charge, so it is okay to touch them.

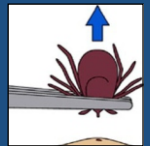
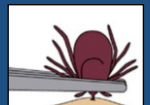


Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

HOW TO REMOVE A TICK

- 1) Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2) Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- 3) After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- 4) Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.



Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

FOLLOW UP

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.