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Geary County

K-State Research and Extension News

*Knowledge
for Life*

Ask the Agent

Q: My family is getting ready for an extended trip. What safe traveling tips can you offer while we vacation?

A:

- Before you go, make sure to clean out your wallet or purse; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket. Consider wearing a money pouch under your clothes.
- Pack as lightly as possible. Lots of heavy, cumbersome bags will slow you down and make you more vulnerable to getting robbed.
- Expensive, designer luggage can draw unneeded attention to your belongings. Pack your things in inconspicuous bags.
- Carry-on anything you may need or of value i.e., medication, jewelry.
- Don't display expensive jewelry, cameras, bags and other valuable items.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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SUMMER SAFETY = SUMMER FUN

May 2017

Even though it is technically still spring, our summer schedules are already reaching full-swing. There is a lot you can do and enjoy during these warm months – swimming, bicycling, hiking, gardening, camping, and so much more. When you live a full and rich life, you need to be aware of the standard risks that come with it.

There are a lot of reasons to focus on safety during the summer months. Sunshine and high temperatures are at the top of the list, but you also need to consider travel and recreational safety, as well. This issue will focus on many different areas of safety that can protect you and your family.



Know Your Risk:

The National Oceanic and Atmospheric Administration (NOAA) outlines a variety of summer safety risks that you should be aware of and prepared for:

- Since 2003, 43 states within the continental United States have come under a tornado watch; 49 states have come under severe thunderstorm watches; and lightning strikes occur in every state.
- Heat waves are common across the country during the summer. They are dangerous because the human body cannot cool itself properly when exposed to an extreme combination of heat and humidity.
- In 2015, there were 26 lightning fatalities.
- Wildfires kill 30 people, destroy 2,800 homes and burn more than 7 million acres, roughly the size of the state of Massachusetts, on average, per year.
- Flash flooding is the number one killer associated with severe weather.
- Air pollution can make it harder for people with asthma and other respiratory diseases to breathe. Children and teens may be more sensitive than adults to the health effects caused by air pollution. According to the EPA, poor air quality is responsible in the U.S. for an estimated 60,000 premature deaths each year.

Consider your family's preparedness for any or all of these risks and ask yourself:

- ? How will my family/household get emergency alerts and warnings?
- ? How will my family/household get to safe locations for relevant emergencies?
- ? How will my family/household get in touch if cell phone, internet, or landline doesn't work?
- ? How will I let loved ones know I am safe?
- ? How will family/household get to a meeting place after the emergency?

If you are unable to answer any one of these questions, you need to get started on making a family emergency plan. On their ready.gov website the Department of Homeland Security offers an excellent tool to help you navigate the path to building an effective emergency communication plan. You can download and print a plan that can be customized to meet your family's needs at: <https://www.ready.gov/make-a-plan>



The national safety council reports that on average, 37 kids die in hot cars each year in the United States. The most concentrated rates occur from Memorial Day through Labor Day, when almost 3 kids die each week. According to the NSC, more than twice as many children died in hot cars than all individuals who died in tornadoes across the country in 2016. A child's death from heat exposure in a car is 100% preventable. The temperature outside the vehicle is deceptively different than the temperature inside of it. It can rise by nearly 20 degrees in 10 minutes. That means on a mild 75°F Kansas day, the heat inside a car rises to 95°F within a matter of a few minutes. Heatstroke occurs when a person's body temperature exceeds 104 degrees and at 107 degrees, a person's body cells are damaged and internal organs start to shut down. Young children are at particularly risk because their bodies heat up 3x to 5x faster than an adult's and they don't have the body temperature regulations afforded to adults whose body will sweat to help regulate the temperature.

As a parent or grandparent, your first step is to simply never leave your child or baby in a car. For toddlers and older children, the car may be a tempting place to play or hide and may accidentally lock themselves inside. Make sure you lock your vehicle, including the doors and trunk when you are not using it. Keep the keys and the remote entry devices away from children, as well. Make sure your kids and/or grandkids know that the trunk of a car is for transporting cargo and is never a place for them to play. Following the old saying "It takes a village to raise a child", call 911 if you see a child alone in a car. The emergency personnel are trained to respond to these situations and your call could save a life.

Keep your cool in the Kansas heat and take steps to protect yourself from a heat-related illness:

- Wear appropriate clothing, including a wide-brimmed hat
- Take frequent water breaks
- Apply sunscreen with an SPF of at least 15 (but a higher SPF is even better!)
- Never leave kids or pets unattended in a vehicle

In cases of heatstroke deaths, research shows:

- 87% of children who die are 3 years old or younger
- 54% are forgotten in a vehicle
- 28% are playing in an unattended vehicle
- 17% are intentionally left in a vehicle by an adult



May is National Water Safety Month so brush up on your water safety practices and make sure the young people in your life are protected, as well. More than one in five drowning victims are children 14-years-old and younger, and most incidents happen when a child falls into a pool or is left alone in the bathtub.

Keep your kids safe in the water:

- ✓ Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- ✓ Don't rely on lifeguards to watch over your children
- ✓ Gather everything you need before you head to the bathtub, pool or beach – towel, toys, or sunscreen)
- ✓ Do not let your child swim in canals or streams
- ✓ Keep a phone and life preserve near the pool or hot tub in case of emergency
- ✓ Never leave your child unattended around water

If you like being in the water, too – take precautions and be safe:

- ✓ Always swim with a buddy
- ✓ Never swim if you have been drinking alcohol or have taken certain medications
- ✓ If you don't know how to swim, take lessons at the YMCA or community pool

Living Healthy

Food Safety: Summer season offers outdoor picnics and an amazing array of delicious grilled food. It can also bring us a food borne illness if we don't use safe food handling techniques. Food safety begins at the store. Take a cooler and a few ice packs with you. Choose packages that are not torn and make sure they feel cold when you pick them up. If possible, put them in a plastic bag so the juices won't drip on any of the other food you are purchasing. Make the fresh meat counter your last stop in the store and separate raw meat from the ready-cooked items in your grocery cart.

At home, store the meat and poultry at 40°F in the refrigerator until you are ready to put them on the grill – within one or two days for ground meats and poultry, and within five days for beef, veal, pork and lamb steaks, roasts and chops.

On the grill, cook meat and poultry to a safe temperature to destroy harmful bacteria that may be present. Do not use color as an indicator of how done the meat or poultry is – it is not a good indicator of safety. Use a food thermometer to make sure meats have reached a safe minimum internal temperature. This chart identifies the temperature at which to grill various foods to ensure they are safe to eat.



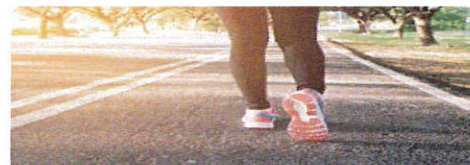
After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

As we wrap up another season of Walk Kansas, be encouraged to continue your efforts in health and wellness throughout the months to come. The benefits are abundant, but you also should be aware of the steps you can take to improve your safety as a pedestrian. We don't take enough stock of the level of vulnerability when walking in our community, crossing busy streets, and negotiating traffic. Drivers are often distracted by the other traffic and we might be distracted by visiting with the person we are walking with or by the phone call we received during our trek.

Cell phone distraction has taken a big jump in recent years—so much that the National Safety Council began including statistics on cell phone distracted walking in their *Injury Facts 2015* report. According to this report, distracted walking incidents involving cell phone accounted for more than 11,100 injuries between 2000 and 2011. It also reports that:

- ◆ 52% of cell phone distracted walking injuries happen at home
- ◆ 68% of those injured are women
- ◆ 54% are age 40 or younger
- ◆ Nearly 80% of the injuries were due to a fall



A simple rule of thumb to go by to increase your safety while out walking is to make sure you keep your head up and your phone down. Walking is a great way to stay fit and improve your health, but only if you do so with safety in mind!



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Upcoming Geary County Extension Programs

****Requires pre-registration.**

June 2017

- 13 Knowledge at Noon**— Keys to Embracing Aging: Session 5 - Tuning Into the Times, This program is part of a series of 12 lessons about how to approach retirement with positive optimism. It will focus on how staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving skills, and decision making. For a nominal cost, feel free to stay for the senior meal. Meal reservations can be made by calling the Senior Citizen's office at 785-238-5545.

July 2017

- 11 Knowledge at Noon**— Keys to Embracing Aging: Session 6 - Practice Being Safe, This program is part of a series of 12 lessons about how to approach retirement with positive optimism. It will focus on the importance of safety in your home environment. For a nominal cost, feel free to stay for the senior meal. Meal reservations can be made by calling the Senior Citizen's office at 785-238-5545.
- 15** Preserving The Harvest**—A Modern Canning Class; Simpson United Methodist Church, 9 a.m.—4 p.m., Registration fee of \$20 is due by June 30, 2017. Karen Blakeslee, K-State Rapid Response Center Coordinator, food safety and food preservation expert, will present this interactive workshop which will include a pressure canner lab, water bath lab, and jelly lab. See next month's newsletter for more information and a registration form.
- 24-27 Geary County Free Fair**— Exhibits accepted from active 4-H members and community members alike; fun for the entire family; stop by the Extension Office to pick up the 4-H Fair Book or the Open Class Fair book for more details.

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