

## Inside this Issue

# Public Health Newsletter



## July is Social Wellness Month

**Social Wellness means nurturing yourself and your relationships.**



### Why is Social Wellness Important?

**Healthy relationships are a vital component of health.** The health risks from being alone or isolated in one’s life are **comparable to the risks associated with cigarette smoking, blood pressure and obesity.**

#### Research Shows That:

- People who have a strong social network tend to **live longer.**
- The **heart and blood pressure** of people with healthy relationships **respond better to stress.**
- Strong social networks are associated with a **healthier cardiovascular and endocrine system.**
- Healthy social networks **enhance the body’s immune system’s ability to fight** off infectious diseases.

*For more information about Social Wellness, continue reading on page 2.*

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*Information on this page adapted from the University of Minnesota Earl E. Bakken Center for Spirituality and Healing webpage at: [www.takingcharge.csh.umn.edu](http://www.takingcharge.csh.umn.edu).*



## Social Wellness Means Giving and Receiving Social Support

### Social Support Can Take Different Forms:

- **Emotional Support.** These are what actions people take to make someone else feel cared for and valuable.
- **Instrumental Support.** This is more tangible support, like offering to help with some housekeeping, give a person a ride to the store, or babysitting so a busy mom can relax.
- **Informational Support.** If you are providing information to help someone, you are providing informational support. This might involve details on quitting smoking, emergency assistance, or treatment for a problem with drugs or alcohol.

### Nurture Your Social Relationships

Social support means that you have friends and other people, including family, to turn to in times of need or crisis. They can help to give you a positive self-image. Social support enhances the quality of life and provides a buffer against problems and difficult events in your life.

### Ways to Nurture Relationships:

- Be honest and empathetic to each other's feelings, hopes, and dreams.
- Make commitments you can stand by, and make sure you follow through with them.
- Break the cycle of blame and criticism and take responsibility for your own part in relationships.
- Shift the focus away from "fixing" other people and try to bring positive and creative energy into the relationship.
- Show appreciation of others in verbal and nonverbal ways.

## How to Add To Your Social Support Circle

- **Work out.** Join a gym or an exercise group.
- **Take a walk.** You will become more active, but also you might meet and talk to new people and old friends.
- **Volunteer** to help your community. If you donate your time and hard work, you will feel good about yourself. You will also support what you feel is important, and meet other people who also support your community.
- **Find other people who share your interests** and hobbies, such as crafts, the outdoors and nature, or cultural traditions.

*Information on this page adapted from the University of Minnesota Earl E. Bakken Center for Spirituality and Healing webpage at:*

[www.takingcharge.csh.umn.edu](http://www.takingcharge.csh.umn.edu)

## Steps Everyone Should Take To Prevent Heat-Related Illnesses

- \* **Stay in an air-conditioned** indoor location as much as you can.
- \* **Drink plenty of fluids** even if you don't feel thirsty.
- \* **Schedule** outdoor activities **carefully and pace yourself.**
- \* Wear loose, **light-weight, light-colored** clothing and sunscreen.
- \* **NEVER** leave children or pets in cars.
- \* Take cool **showers or baths to cool down.**
- \* **Check on** a friend or neighbor and **have them do the same** for you.

# Summer Heat Safety Tips



**Take measures to stay cool, remain hydrated, and keep informed this summer.** You can get sick from the heat if your body can't properly cool you off. Especially when humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

Those who are at **highest risk** include **people 65 and older, children younger than two, and people with chronic diseases or mental illness.**

Even **young and healthy people can get sick from the heat** if they participate in strenuous activities during hot weather.

### **Closely monitor the people who depend on you and ask these questions:**

- \* **Are they drinking enough water?**
- \* **Do they have access to air conditioning?**
- \* **Do they need help in keeping cool?**

**Remember:** **Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, drug use, or alcohol use all can play a role in whether a person can cool off enough in very hot weather.**

If you are wearing a face covering and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the face covering.

# 10 Steps to Making Your Home Asthma-Friendly



## Clear the Air of Asthma Triggers!

**Take smoking outside.** One of the most common asthma triggers in the home is secondhand smoke. Until you or a family member can quit, smoke outside, not in the house or the car.

**Get rid of dust mites.** Dust mites also trigger asthma. To control dust mites, cover mattresses and pillows with dust-proof zippered covers. Wash sheets and blankets once a week in hot water.

**Check the Air Quality Index.** Pollution can cause asthma attacks. Listen for the Air Quality Index during your local weather report. When there is a report of unhealthy levels, limit time outdoors.

**Cut down on everyday dust.** Dust regularly with a damp cloth and vacuum carpets and fabric-covered furniture.

**Keep pets outdoors whenever possible.** Even beloved animals can trigger asthma with skin flakes, urine, and saliva.

**Don't invite bugs into your home.** Don't leave food or garbage out. Always clean up messes and spills and store food in airtight containers.

**Think before you spray.** Use baits or traps instead of pesticide sprays. If you must spray, always circulate fresh air into the room and keep asthma sufferers away for several hours.

**Break the mold.** Mold is another trigger. The key to controlling it is to control moisture. Wash and dry hard surfaces and replace moldy ceiling tiles and carpet.

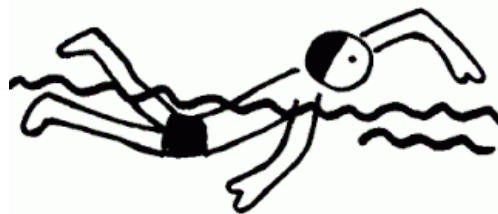
**Reduce moisture.** Use exhaust fans or open windows when cooking and showering and fix leaks and unwanted water sources.

**Make a plan.** Work with your provider to develop an asthma management plan for your child that includes information on triggers and how to manage them. Post the plan on your refrigerator and share it with those who spend time with your child, like teachers, babysitters, and coaches.

*Information on this page provided by Charlie Lippert, Air Quality Specialist, Mille Lacs Band of Ojibwe DNRE. Adapted from the U.S. Environmental Protection Agency website at: [www.epa.gov](http://www.epa.gov).*

## Protect Yourself and Other Swimmers From RWI's

- Stay out of the water if you have diarrhea.
- Shower before and after swimming.
- Don't swallow water when you are swimming.
- Take children on frequent bathroom breaks.
- Change diapers frequently and away from the water.
- Wash your hands and the child's hands after changing diapers.
- Limit the amount water going up your nose if swimming.
- Don't dig in or stir up sediment.
- Avoid warm fresh-water when water temperatures are high and levels low.



## Recreational Water Illnesses: What Are They?

Recreational Water Illnesses, called RWI's, are caused by **germs and chemicals found in the water we swim or play in**, including swimming pools, water parks, hot tubs, splash pads, lakes, rivers, or oceans. They are spread by **contact with contaminated water**, swallowing contaminated water or breathing in mists or sprays of contaminated water.

The most **common type and symptom of RWI is diarrhea**. Other common symptoms include vomiting, stomach cramps, loss of appetite, weight loss and fever. Other RWI's can cause skin, ear, eye, respiratory, or neurologic symptoms.

## How Are They Spread?

When people are ill with diarrhea, even a speck of their stool can contain millions of germs. **Swimming while ill can easily contaminate the water**. Also, lakes and rivers can be contaminated by **animal waste, sewage spills, and water runoff**. If you swallow this water, you may become sick.

Other RWI's can be caused by germs that live naturally in the environment. Also, **if disinfectant is not maintained** at the appropriate levels in a pool or hot tub, these germs can increase to the point where they can cause illness.

## How Do I Report a Suspected RWI?

To report a suspected waterborne illness, call the Minnesota Department of Health at 1-877-366-3455.

*Information on this page adapted from, "Causes and Symptoms of Waterborne Illness," on the Minnesota Department of Health website at : [www.health.state.mn.us](http://www.health.state.mn.us)*

# Tips for the Perfect Summer Picnic

Nothing brings people together like good food!  
Follow these tips for a balanced and delicious picnic!



## Proteins

If grilling, look for healthy alternatives to the usual hamburgers and hot dogs which usually have **saturated fat and sodium**. **Grilled lean meats**, such as venison, turkey, chicken, and fish are lower in fat and calories. **Tuna** is also a lean protein option that does not need to be cooked or refrigerated. Choose a **whole grain** bun, bread, or tortilla to have with your protein.

## Fats

Fat is an important nutrient in our diet. **Unsaturated fats are good** for our heart, cholesterol, and overall health. Avocados are one great source of healthy fats, fiber, and potassium. Other sources of healthy fats include cheese sticks or nuts.

## Fruits and Vegetables

Summer is the perfect time for eating **fresh fruits and vegetables**. Most vegetables, such as zucchini, cauliflower, and peppers, can be chopped, drizzled with olive oil, wrapped in foil, and grilled over medium heat for about 20 minutes. Even **fruits can be put onto the grill**. The heat caramelizes the natural sugars in the fruit, turning tart fruit into sweet treats!

## Hydrate

Pack more than you think you will need to **stay hydrated**. While **water is the best option** to hydrate, **flavored sparkling water** also contributes flavor and carbonation without added sugar. Keep beverages in a **separate cooler** from food, as it will be open often, letting in heat and possibly bacteria.

## Food Safety

Hot summer weather increases the risk of contracting food poisoning, if food is not handled and stored properly.

**Keep perishable picnic food out of the danger zone** — a temperature range between 40°F and 140°F. When food is in the danger zone, bacteria can double in number every 20 minutes. Hot foods should be kept at 140 degrees or above and cold foods should be kept at a temperature below 40 degrees.

**Don't let food sit out more than two hours**. If the temperature outside is 90°F or above, food should only sit out for an hour at most.

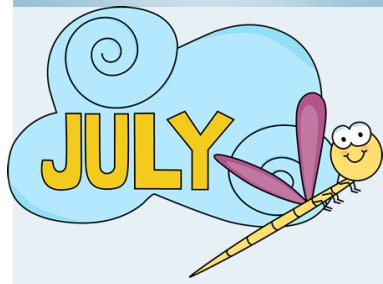
Use a **food thermometer** to be sure meats are cooked to the proper temperature.

Ground Red Meat (Burgers, Brats, etc) = 160 degrees F

Ground Poultry (Chicken, Turkey, etc) = 165 degrees F

Fish and Shellfish = 145 degrees F

**As always, it is important to eat everything in moderation.**



## Celebrate July!

July 7 — Father Daughter Take a Walk Together Day

July 8 — National Blueberry Day

July 11 — World Population Day

July 13 — Embrace Your Geekness Day

July 16 — World Snake Day

July 20 — National Ice Cream Soda Day

July 24 — Cousins Day

July 29 — International Tiger Day

July 30 — International Day of Friendship

July 31 — National Watermelon Day

## July Recipe: Guacamole



### INGREDIENTS:

2 ripe avocados, mashed

2 Tbsp sour cream

2 Tbsp fresh cilantro

1 Tbsp lime juice

¼ tsp salt

1 diced Roma tomato

¼ cup diced red onion

Tortilla chips

### DIRECTIONS:

In a medium bowl, combine all ingredients.

Mash to desired consistency.

Serve with tortilla chips.

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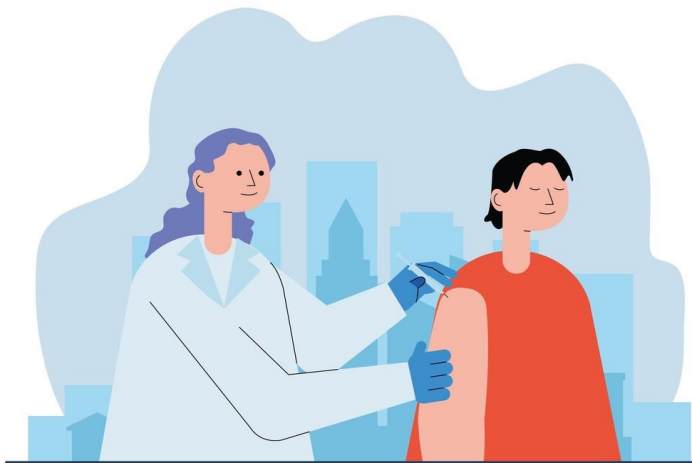
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# COVID-19

## Vaccinations Are Still Available\*

### Call:

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## For More Information or to Make an Appointment

\* Ages 12 and Up.

Under 18 Must Have  
Parent/Guardian Approval.