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In The News

[Antibiotic resistance may have met its match!](#) – Huffington Post

[Study: E-Cigarette Vapor toughens MRSA Superbug](#) – U.S. News

[When you need antibiotics and when you don't](#) - CNN

[Overuse of antibiotics leads to ineffectiveness](#) – Chicago Tribune

As of April 2011, antibiotic resistance:

- Cost the US an estimated \$20 billion a year in healthcare costs
- \$35 million in other society costs
- More than 8 million additional days that people spend in the hospital

(CDC.gov)

The 2014 2nd Annual Get Smart Competition will be starting soon!

Children will have the opportunity to showcase their creativity and help spread the word about the importance of hand hygiene, vaccines, and appropriate antibiotic use.

Please check our website (<http://www.KnowWhenToSayNo.org>) for more information in July!

Preventing waterborne illnesses in children

Summertime has finally arrived! Many families kicked off the summer season on Memorial Day Weekend with festivities including picnics, BBQs, outings to swimming pools, and even to the beach! Swimming is a popular and fun past time for many individuals, especially children. Swimming has many health benefits, but there are also certain precautions for you and your loved ones that need to be considered.

Recreational water illnesses (RWIs) are common during the summer months. RWIs most commonly cause diarrhea illnesses, but skin, ear, respiratory, eye, neurologic, and wound infections can occur. RWIs are typically caused by germs such as *Cryptosporidium*, *Giardia*, *Shigella*, *norovirus*, and *E.coli*.

Here are some tips for you and your loved ones to prevent RWIs:

Keep your germs, poop, and pee out of the water.

- Don't swim when you have diarrhea
- Shower with soap before you start swimming
- Take bathroom breaks every 60 minutes
 - Take a rinse shower before you get back into the water
- Wash your hands after using the toilet or changing diapers
- Don't swallow the water you swim in



Source: Centers for Disease Control

Parents of young children should take a few extra steps:

- **Take children on bathroom breaks every 60 minutes or check diapers every 30–60 minutes**
 - Change diapers in the bathroom or diaper-changing area and NOT at poolside where germs can rinse into the water

Pool Owners: Check chlorine level and pH before getting into your pool and/or hot tub

- Pools : Proper chlorine (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) levels maximize germ-killing power.
- Hot tubs/spas : Proper disinfectant level (chlorine [2–4 parts per million or ppm] or bromine [4–6 ppm]) and pH (7.2–7.8) maximize germ-killing power.
- Most superstores, hardware stores, and pool-supply stores sell pool test strips.
 - **Free pool test strips**: Go to the [Water Quality & Health Council \(WQHC\)'s Healthy Pools page](#) to order and receive free test strips

Visit [CDC's Healthy Swimming website](#) for more information.

Foodborne illnesses in the summer

The Memorial Day Weekend kicked off the summer with friends and families gathered for picnics and BBQs. Throughout the summer you are more than likely to host or attend various outdoor events that will include food! Therefore, it is important to learn the proper ways to transport, prepare, and serve food during the warm months, because improper food handling can lead to foodborne illnesses. Foodborne pathogens are increasingly becoming antibiotic resistant, which can make it harder to cure some foodborne illnesses. The warmer weather provides many opportunities for germs to grow, but they can be easily prevented by following these safe food practices provided by the Food and Drug Administration (FDA).

Pack and transport food safely

- Keep cold food cold & hot food hot
 - Never let your hot or cold foods remain in the “DANGER ZONE” – between **40° F and 140° F** for more than 1-2 hours
 - Cold perishable foods should be kept in a cooler at **40° F or below** until serving
 - Hot food should be kept hot **at or above 140° F**
 - Keep coolers closed and limit number of times the cooler is opened to keep the contents cold longer, especially for perishable foods.
- Organize cooler contents
 - Pack beverages and perishable foods in separate coolers to so the cooler with perishable foods is not constantly opened and lose its coolness
- Don't cross-contaminate
 - Keep raw meat, poultry, and seafood securely wrapped to prevent juices from contaminating prepared/cooked foods.
- Clean your produce
 - Rinse fresh fruits and veggies under running tap water before packing them in the cooler
 - Scrub firm-skinned fruits and veggies under running water
 - Dry fruits and veggies with a clean towel or paper towel.



Serving picnic food appropriately

- Put cold foods such as chicken salads and desserts directly on ice
- Wrap and insulate hot food well until serving
- Throw out leftovers: If food is left out longer than recommended, throw it away to be safe

For more information on proper food handling, please visit [FDA's Food Facts](#) page.

Welcome our new Get Smart Intern, Ms. Tabitha Reefer!

In May, PA Get Smart Program hired a new intern, Tabitha Reefer to assist with Pittsburgh area activities including the pharmacy and childcare initiatives. Tabitha is currently pursuing her Master in Public Health at the University of Pittsburgh. She is in the Behavioral and Community Health Sciences track with a concentration in epidemiology. Tabitha completed her Bachelors of Arts in anthropology with a minor in applied statistics at Indiana University of Pennsylvania in 2012. After completing her undergraduate education, she obtained her Master of Business Administration in healthcare administration from Ashford University in 2013.



In addition to the Get Smart internship, Tabitha is currently completing her practicum requirement at HEALTHY Armstrong, a childhood obesity prevention project in Armstrong County, and a Patient Safety Fellowship at the Jewish Healthcare Foundation in Pittsburgh. She is employed at Butler Health System as an ancillary assistant, Ponderosa Steakhouse as a shift supervisor, and the University of Pittsburgh as a transcriptionist. After completing her education, Tabitha hopes to work in the Greater Pittsburgh Area in community health.

If you have any ideas for future newsletters or would like more information please feel free to contact us. To unsubscribe please email us.

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