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## In The News

Overuse of nursing home antibiotics may put all residents at risk – FOX News

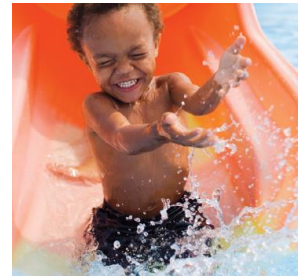
Antibiotic Resistance Is Everyone's Problem – The Atlantic

How to End the Regulatory Slowdown for New Antibiotics – The Wall Street Journal

What Do We Do When Antibiotics Don't Work Anymore? – National Geographic

## Summertime Swim Safety

Summer time is perfect for swimming in the pool, lounging on the beach, and having picnics. Going swimming in the pool or in the ocean can be a great way to exercise, but it is important to remember that germs in the water can cause illness. Even if the water is properly treated with pool chemicals, germs can still exist in the shared water. E.coli, norovirus, and cryptosporidium are just a few of the germs that can cause recreational water illnesses (RWIs.) These illnesses usually have symptoms of diarrhea, but skin, ear, and lung infections can also occur. Take proper precautions and make sure your children practice safe play in the water.



Here are a few important tips for water safety:

- △ Do not pee or poop in the pool
  - \*Remember that swim pants or swim diapers only hold in solid waste for a few minutes. Swim diapers will not stop germs or diarrhea from spreading into the water.
- △ Do not swallow the water
- △ Shower before you get in the water.
  - \*Showering removes dirt and anything else on your body that would use up pool chemicals.
- △ Stay out of the water if you have diarrhea
- △ Get out of the water every hour to:
  - Take kids for a bathroom break
  - Reapply sunscreen
  - Drink fluids
  - Check diapers. If a change is needed, find a changing location away from the pool to reduce the risk of contamination.

For more water safety tips check out CDC's [Healthy Water](#) Swimming resource.

## Food Safety in the Warmer Weather

Enjoying a meal outdoors is a summertime treat, whether on a picnic blanket, by the grill, or at a local fair. Thoughtfully preparing, serving and storing your food items in the hot weather are important to reduce the risk of foodborne illnesses. Most foodborne bacteria grow fastest at temperatures from 90°F to 110 °F and thrive in humid environments. With warmer weather also comes an increase in foodborne illnesses. Here are a few [good practices](#) to keep in mind:

### 1. CLEAN

- △ Always wash hands before preparing food or drinks, after using the restroom, before eating and drinking, after changing diapers, and after removing soiled clothes or shoes.
- △ If you will not have access to a sink, take hand sanitizer or wet wipes with you.
- △ Wash surfaces often; germs can survive on your kitchen surfaces, including your hands, utensils, and cutting boards.



### 2. SEPARATE

- △ Don't cross-contaminate. Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread germs to ready-to-eat foods—unless you keep them separate.
- △ Try color coding your cutting boards. Green for vegetables, red for raw meat, and blue for seafood.

### 3. COOK

- △ Cook food to the right temperature. There's no way to be sure it's "done" and safe to eat by simply looking at it. Use a food thermometer to ensure that foods are cooked to a



## Ask the Expert!

Please send any questions you may have to [knowwhentosayno@pa.gov](mailto:knowwhentosayno@pa.gov).

Your questions will be featured in the upcoming newsletters with answers from our collaborators.

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

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Get Smart Team:  
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safe internal temperature: 145°F for whole meats, 160°F for ground meats, and 165°F for all poultry.

#### 4. CHILL

- △ Don't let food sit out at room temperature for more than two hours. On a hot day (90°F or higher), reduce this time to one hour. Be sure to put any items that could spoil into a cooler or an insulated bag.
- △ Use caution when consuming dairy products that have been out in the heat. For example, instead of regular potato or macaroni salad made with creamy dressings, try a pasta salad with an oil vinaigrette.

#### Get Smart at the CSTE Annual Conference

Representatives from the Get Smart Program attended the annual CSTE (Council of State and Territorial Epidemiologists) conference in Boston, Mass. from June 14-18, 2015. The poster presentation on the "Use of a drawing competition to create awareness about an antimicrobial stewardship website" was well received by attendees. Many were interested in this year's drawing competition which runs through the end of October 2015.

#### The Four Core Actions to Fight Resistance

According to the Centers for Disease Control and Prevention (CDC), there are [four core actions](#) to fight resistance. In this month's newsletter, we will address the third action:

### 3) IMPROVING ANTIBIOTIC PRESCRIBING/STEWARDSHIP

Antibiotic stewardship is vital to slowing the development and spread of antibiotic resistant bacteria. To be stewards, we must work to change the way that antibiotics are used. When antibiotics are taken unnecessarily or inappropriately, the greater the risk of resistant bacteria developing. It is important for professionals to prescribe the correct antibiotics and administer them when it is appropriate.

The Get Smart Program is working to educate all people about antimicrobial stewardship through outreach and education, research, and policy. Stewardship is not just for doctors who prescribe medications. Stewardship is for everyone, including pharmacists, public health professionals, nurses, students, parents, and children!



Check out next month's newsletter for more on the fourth core action, **Developing New Drugs and Diagnostic Tests**.

#### Looking Ahead...

- △ Get Smart Drawing Competition: This year, child care centers that participate in our drawing competition are also eligible to win prizes. If you are a child care director or group/home provider, and at least 70 percent of your children submit completed entries, fill out a group submission form to be entered to win prizes. You could win one of three Kaplan Company gift cards!
- △ In our next edition, look for an article on pets and zoonotic illnesses that could cause disease. This is especially important if your family has reptiles as pets. The article will feature remarks by Pa. veterinarian, Dr. Laurel Redding.