

The Mansfield Buzz



BEAT THE HEAT!

Summer is finally here and temperatures are warming up! It's a great time to get outside and enjoy the sunshine with family and friends. But it's important to remember how to stay safe as temperatures rise. Heat-related illnesses are preventable, but sadly about 600 people in the U.S. die each year from exposure to [extreme heat](#).

The body usually cools itself off through [perspiration](#). When the body releases sweat onto the skin, it makes your skin feel cooler. Then as the sweat evaporates into the air, it takes some of your body heat with it, lowering your body temperature. However, sometimes when [outdoor temperatures](#) are too high, your body heats up faster than it can be cooled down. Also, extremely [humid](#) conditions make it harder for the body to cool down because not as much sweat can be evaporated into the air. And when your body is unable to cool itself down properly, the heat can make you sick. [Heat-related illnesses](#) include things like heat rash, heat cramps, heat exhaustion, and heat stroke. Heat cramps are muscle pains or spasms that can occur when doing intense physical activity during very hot weather. If you are experiencing heat cramps, you should stop physical activity, drink some fluids, and wait until the cramps go away before starting up the activity again. Heat exhaustion is the next stage of heat illness. Signs include heavy sweating, pale, cold and clammy skin, a fast, weak pulse, nausea, headache, and dizziness. If experiencing heat exhaustion, you should move to a cooler place, sip on water, and loosen your clothes. You should seek medical attention if you begin vomiting or if symptoms last for over an hour. If heat exhaustion progresses, it can lead to heat stroke. *Heat stroke is a very serious condition, and it should be treated as a medical emergency.* Signs of a heat stroke include a body temperature of 103°F or greater, red, hot

skin, fast strong pulse, dizziness, headache, nausea, confusion, and losing consciousness. If you think someone is suffering from heat stroke call 911. Move the person to a cool, shady area and, if available, provide them with a cool cloth or bath. You should not try to give the person anything to drink.

It is best to [prevent heat illness](#) from occurring in the first place by following these tips! Stay cool by wearing lightweight, loose, light-colored clothing. Spending time in an air conditioned area is the best protection from heat illness. Fans can be helpful, but they will not be able to prevent heat illness when temperatures enter the high 90s. If your home does not have air conditioning, head to the local mall or another public place with A/C. Limiting the use of your stove is another way to keep temperatures down in your home. When it's very hot outside, it's best to plan outdoor activities for mornings and evenings. When exercising in high temperatures, remember to pace yourself and take breaks in the shade often. Protecting your skin from the sun's UV rays by wearing sunscreen is also important because sunburns limit the body's ability to cool itself. One of the most important things you can do to prevent heat illness is to stay hydrated! When it's very hot out, you should be drinking more water than you normally do, regardless of your activity level. Don't wait until you are thirsty! Also, remember that alcohol and very sugary drinks actually dehydrate your body even more, so it is best to avoid these.

Some people are more likely to be affected by heat illness than others. [Vulnerable groups](#) include adults over 65 years of age, infants and young children, people with chronic conditions such as heart disease, athletes, outdoor workers, and low-

income families. Older adults do not adjust to changes in temperature as well as younger adults. Also they are more likely to have chronic illness or be on medications that affect the way their bodies respond to heat. Infants and young children are sometimes unable to communicate well enough to let us know when they feel overheated. And, some low-income families may not have access to air conditioning, putting them at greater risk. In times of extreme heat, it is important to check in on these people more frequently and know the signs of heat illness. You should *never* leave your child in a parked car—even with the window cracked open temperatures can rise almost 20°F in just 10 minutes.

And, don't forget about your [pets](#)! Animals can be affected by extreme heat as well. Make sure to provide plenty of water for your pet, and leave the water in a shady area where they can get relief from the sun too!

The takeaway here is to go out and enjoy the beautiful weather this summer! Just remember to be mindful of the signals your body sends you when it gets too hot. And take action to prevent heat illness in the first place by staying cool and hydrated.

Stay Hydrated

Drink more water than usual - and don't wait until you're thirsty!

BEAT THE HEAT

CDC
Centers for Disease Control and Prevention
National Center for Environmental Health

HAPPENINGS AROUND TOWN

15th Annual Boombox Mile will take place on July 4th before the Boombox Parade on Main Street in Willimantic. Click [HERE](#) for more information and to pre-register!

57th Annual Columbia Lion's Club Independence Day Parade is scheduled to kick off on July 4th at 10:00 am!

Summer Concerts on the Square Every Thursday night in July (except July 4th) there will be a free musical performance on Betsy Paterson Square in Downtown Storrs, CT. The music starts at 6:30 pm. To see the schedule and the list of performers, click [HERE](#)!

Moonlight Movies Throughout the summer, there will be FREE movie screenings on Friday nights at Betsy Paterson Square in Downtown Storrs. Activities start at 7:30 pm and movies start at dusk.

Summer Dancefest 2019 will take place at the Lebanon Green on Saturday July 6th beginning at 4:30 pm. The event features local musicians, refreshments, children's activities, and will end with a fireworks show at 9 pm!

42nd Annual New London Sailfest will take place July 12th-14th. The event features amusement rides, free entertainment, boats, over 200 vendors, and a major fireworks display! There will also be a 5K road race through historic downtown New London on the 14th at 9 am. Click [HERE](#) for the schedule of events!

CLEAN



SEPARATE



COOK



CHILL



BIG NEWS WITH BE WELL

Congratulations to Ashley Ruegg for winning the June Newsletter Raffle. Ashley won a gift card worth \$150! Each month the newsletter contains a link to a brief Mindful Wellness Quiz. Complete the 2-minute quiz to be entered to win some great prizes. You can take the Mindful Wellness Quiz by clicking [HERE](#).

The JULY Challenge is all about **Learning New Things**. You will be receiving a personal calendar to track new things of your choice you'd like to learn this coming month. Participating in this challenge will help you qualify for end of year prizes in the **Be Well Rewards program**!

Corn with a Kick

INGREDIENTS: 1/4 cup chopped onion, 1/2 medium tomato, diced 1/4 cup chopped green pepper, 1 teaspoon salt, 1 tablespoon butter, 1/8 teaspoon pepper, 2 cups whole kernel corn, cayenne pepper to taste



DIRECTIONS: In a large saucepan, sauté onion and green pepper in butter until tender. Stir in corn, tomato, salt, pepper and cayenne. Reduce heat; cover and cook for 5-10 minutes or until heated through, stirring occasionally

SUMMER FOOD SAFETY

According to the [Centers for Disease Control and Prevention](#), 1 in 6 Americans get sick from eating contaminated food every year. It is important to practice food safety year round, but during the [summer months](#) it is particularly important because foodborne illness tends to peak this time of year. There are two reasons for this. First, bacteria multiply faster in warmer temperatures. Second, people are more likely to cook and prepare food outside at picnics or [barbeques](#) where it is harder to handle food properly.

Fortunately, there are things you can do to keep you and your family safe from foodborne illness! You should always keep cold foods cold and hot foods hot. The "[danger zone](#)" refers to the temperature range—between 40°F and 140°F—in which bacteria can multiply rapidly. You should not let food remain in this

range for longer than 2 hours, or 1 hour when the outside temperature is above 90°F. This means food should be properly packed in a cooler with ice or a cold pack when being transported to a picnic or when on a camping trip. Always keep raw meat and poultry away from ready to eat foods. When preparing food, it is important to wash your hands, clean surfaces often, and wash utensils to avoid cross-contamination. A jug of water and soap or disposable moist towelettes can work well if you don't have access to running water. When cooking your food, you should use a thermometer to make sure it has reached the [appropriate temperature](#) before consuming. Leftovers (cold or hot food) should not be left out for more than 2 hours. If it is out for longer than this, it's best to discard it to be safe. To sum it up, if you remember these [four steps](#), you should be ready for your next outdoor barbeque:

Clean- Always wash your hands and wipe down surfaces often.

Separate- Keep raw meat and poultry away from foods that are cooked.

Cook- Make sure you cook food to the appropriate temperature.

Chill- Keep raw meat and poultry chilled, and promptly refrigerate any cooked leftovers (within 2 hours).

Be Well is an employee wellness program provided through your employer. The goal of the program is to make the healthy choice the easy choice.

