

Make a Healthy Splash

Share the Fun, Not the Germs

The water you swim in could make you sick. Recreational water illnesses (RWIs) can be caused by swallowing or having contact with contaminated water in swimming pools, hot tubs/spas, water playgrounds, lakes, rivers, or oceans.

Most outbreaks linked to the water we swim, relax, and play in are outbreaks of diarrhea. These outbreaks are caused by germs like Crypto, Giardia, norovirus, and E. coli. These germs—sometimes millions at a time—can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germ water—even just a mouthful.

Pool chemicals, like chlorine or bromine, are added to the water to kill germs. But they don't work right away. If used properly, they can kill most germs within a few minutes. However, some germs, like Crypto can live in properly treated pool water for several days.

To help protect your family from germs, follow these easy and effective steps:

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't swallow the water.
- Take kids on bathroom breaks.
- Check swim diapers frequently, and change them in a bathroom or diaper-changing area—not poolside.

Source: www.cdc.gov



Water in interactive fountains is typically recycled and might contain germs.

CAR SEAT CHECKUP...

Mercer County – Beulah Fire Hall
May 9, 3:00 pm-4:30 pm (CT)
For more information call: 701.873.4433

Morton County – Mandan
Second Wednesday of every month
from 3:00-6:00 p.m. by appointment.

Contact: Bismarck-Burleigh Public Health at 701.355.1542 to schedule an appointment.

Next checkup is **May 11** at **Puklich Chevrolet**, Highway 83 & North Calgary Ave Bismarck.

Please bring:

- ✓ The car seat instructions
- ✓ Your vehicle owner's manual

Recognize the Signs of Stroke

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from stroke, making it the fourth leading cause of death in the United States.

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

When responding to a stroke, every minute counts.

The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately.

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

Remember, getting immediate medical attention for stroke is crucial to preventing disability and death, so **don't delay—dial 9-1-1.**



A severe headache with no known cause can be one of the signs of stroke.

It's National Women's Health Week

May 8-14, 2016

The goal of Women's Health Week is to empower women to make their health a priority.

What steps can I take for better health?

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Source: www.womenshealth.gov