



WARREN COUNTY COMBINED HEALTH DISTRICT

NEWS & INFORMATION

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Health Commissioner

Tips for Parents: Choosing the Right Toys

Thinking about quitting smoking? Check out these benefits:

20 Minutes After Quitting

Your heart rate drops.

12 Hours After Quitting

Carbon monoxide levels in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

Your lung functions begin to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

5-15 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.

Source: Centers for Disease Control and Prevention

Shopping for toys during the holidays can be exciting and fun, but it can also be frustrating. There can be thousands of toys to choose from in one store. It is important to choose the right toy for the right age child. Toys that are made for older children can be dangerous for younger children. Use these guidelines for finding age-appropriate toys:



Under 3 years old:

Avoid buying toys intended for older children which may have small parts that pose a choking danger. Children under 3 tend to put everything in their mouths.

Avoid marbles, balls, and games with balls that have a diameter of 1.75 in. or less.

Children at this age pull, prod and twist toys. Look for toys that are well made with tightly secured eyes, noses and other parts. Avoid toys that have sharp edges and points.

Ages 3-5:

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

Look for household art materials including crayons and paint sets marked with the designation "ASTM D-4236". This means the product has been reviewed by a toxicologist

and if necessary labeled with cautionary information.

Ages 6-12

For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.

Teach all children to put toys away when they're finished playing so they don't trip over them and fall.

To protect children from faulty and unsafe toys check the Consumer Product Safety Commission's website for additional safety information and a list of recalled toys: www.cpsc.gov.

(The Children's Medical Center of Dayton: Safety Clips)

TIS THE SEASON TO BE CAUTIOUS

Special Fire Safety precautions need to be taken when keeping a live tree in the house. When selecting a Christmas tree, make sure the needles on that live tree are green and hard to pull back from the branches. If the tree is fresh, the needles should not break and the trunk should be sticky to the touch. Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flames or a spark. Do not put your live Christmas tree up too early or

leave it up for more than two weeks after Christmas. Keep the tree stand filled with water at all times. When it comes time to dispose of your Christmas tree, never put tree branches or needles in a fireplace or wood burning stove. When the tree becomes dry you will want to get it out of the house promptly. The best way to dispose of your tree is

by taking it to a recycling center or having it hauled away by a community pick-up service. As an added measure, insure your smoke alarm has a fresh battery and if you do not have a smoke alarm, obtain one.



MAKING SAFE EGGNOG

Eggnog may be safely made at home by using whole or liquid eggs that are pasteurized rather than whole raw eggs which may contain salmonella. Pasteurized eggs are found next to regular eggs at the store. Egg substitutes can also be used. These products are pasteurized which means that they have been heated to the point that will kill bacteria. If you must use regular eggs that have not been pasteurized, use a recipe in which you cook the egg mixture to 160 degrees F. At 160 degrees F., the

egg mixture thickens enough to coat a spoon. Follow the recipe carefully and refrigerate the prepared product immediately. When refrigerating a large quantity of eggnog, divide it into several smaller containers so that it will cool quickly. If a recipe calls for folding raw, beaten egg whites into the eggnog, use pasteurized eggs. It has not been proven that raw egg whites are



free of salmonella bacteria. If you purchase eggnog from your local grocery store, the product has been pasteurized and you do not need to cook it. The holidays are usually hectic and by following these tips on the use of raw eggs vs. pasteurized eggs, you will have one less thing to worry about. For more information on food safety contact our Environmental Health Division at 513-695-1220, 513-261-1220, 513-925-1220, 937-425-1220

CARBON MONOXIDE—THE SILENT KILLER

Carbon Monoxide is called the "silent killer". It is difficult to detect, as it is colorless, odorless, and tasteless. Because you can't see, taste or smell it, carbon monoxide can kill you and you may never know that it is there. With the winter season just around the corner, experts are warning residents to get their furnaces inspected by a professional. The most common reason for carbon monoxide poisoning from household furnaces is lack of maintenance. Any fuel burning appliance, vehicle, tool or other device has the potential to produce dangerous levels of carbon monoxide gas. Examples of carbon monoxide producing devices commonly in use in or around your home include

fuel fired furnaces (non electric), gas water heaters, fireplaces and wood stoves, gas stoves, gas dryers, charcoal grills, lawnmowers, snow blowers and other yard equipment (non electric), and automobiles. There are carbon monoxide detectors available that are easy to install in your home. Most plug right into an electric outlet or use batteries. A detector will warn you in an event that there is a carbon monoxide leak in your home. Symptoms of carbon monoxide poisoning include:

- Flu-like symptoms
- Headache
- Dizziness

- Weakness or clumsiness
- Blurry vision
- Fatigue
- Loss of consciousness

If you have a carbon monoxide detector and the alarm goes off remember the following:

- Treat all alarms as the real thing.
- Leave the house immediately.
- Leave the door open on the way out.
- Call the fire department from a neighbor's house.
- Get medical help.
- Do not return to the house until inspected by a professional.

WINTER SAFETY TIPS FOR COLD WEATHER

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity and a person's age and state of health. Follow these tips to stay safe in cold weather:

Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Dress in layers so you can adjust to changing conditions.

Most of your body heat is lost through your head so wear a hat,

preferably one that covers your ears.

Mittens provide more warmth to your hands than gloves.

Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing on ice and snow.

Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup.



The offices of the Warren County Combined Health District will be closed Thursday, December 25 and Friday, December 26th. The offices will also be closed Thursday, January 1 and Friday, January 2nd. Have a Happy, Safe and Healthy Holiday!