

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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For Immediate Release

Contact: Renay Rouse
(772) 631-6008

TIPS FOR A SAFE & HEALTHY HOLIDAY

(Martin County, FL) With the 4th of July holiday just days away, the Florida Department of Health in Martin County is reminding residents to keep prevention and safety a top priority during celebrations.

Tips for keeping the holiday weekend safe and healthy:

1. Fight the Bite – prevent mosquito borne illness!

- Stop mosquitoes from breeding by draining standing water around your home. Cover your skin with mosquito repellent. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months old.

2. Stay Hydrated and use Sunscreen

- Take care to protect yourself from the summer sun. Stay hydrated by drinking water at least every 30 minutes while outdoors. Wear a hat and sunscreen to protect your skin from the sun's damaging rays.

3. Water Advisories

- A water advisory remains in effect for the waters near the Roosevelt Bridge in Stuart and Leighton Park near the old Palm City Bridge. Residents are urged to avoid contact with the water in those areas due to **high levels of enteric bacteria** which can cause upset stomach, diarrhea, eye irritations and skin rashes.

4. Safe Grilling – prevent foodborne illness!

- Use grills in outdoor locations
- Keep grills away from children and pets
- Wash hands and cooking utensils before and after handling raw food
- Cook foods thoroughly: use a meat thermometer

Beef, pork, lamb or veal steaks: minimum (145° F)

Ground beef, pork or lamb: minimum (160° F)

Poultry: minimum (165° F)

- Refrigerate leftovers promptly: within one hour when outdoor temps are above (90° F)

Florida Department of Health

in MARTIN COUNTY
3441 SE Willoughby Boulevard • Stuart, FL 34994
PHONE: 772/221-4000 • FAX 772/221-4041

www.MartinCountyHealth.com

TWITTER:HealthyFLA
FACEBOOK:FLDepartmentofHealth
YOUTUBE: fldoh



Fight the Bite!

DRAIN AND COVER
Stop mosquitoes from living and breeding around your home or business

DRAIN STANDING WATER
IN CONTAINERS

COVER YOUR SKIN WITH CLOTHING

- ✓ Use mosquito repellent
- ✓ Repair broken screens


FLORIDA
HEALTH
Martin County

MORE INFORMATION:

Florida Department of
Health, Martin County
(772) 221-4000, press 7

Martin County
Mosquito Control
(772) 288-5657, press 5

www.MartinCountyHealth.com

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