

The Buzz



Safe Travels

According to [AAA](#) about one-third of Americans will take a family vacation this year, and summer is a very popular time to travel. A survey conducted by AAA showed that 26% of travelers will be going to international destinations & 19 % will go on cruises. Health concerns when traveling abroad usually consist of disease outbreaks, think Zika or Malaria, but [Travelers' diarrhea](#) is the most common travel-related illness according to the U.S. Centers for Disease Control & Prevention (CDC). It is a common myth that food and water concerns are only an issue in poor countries. [The CDC states](#) that the germs that cause diseases have no boundaries, however your risk of food-borne illness is low in the United States, Canada, Australia, New Zealand, Japan, & countries in Northern & Western Europe.

Intermediate-risk countries include those in Eastern Europe, South Africa, & some of the Caribbean islands. Areas where you're at the greatest risk include most of Asia, the Middle East, Africa, Mexico, & Central & South America.

Prevention is the best medicine, and some food & drink choices may be riskier than others. Here are some tips to follow when making food choices:

Hot food is usually safe, as heat will kill germs. Avoid rare or raw food, including ceviche (meat "cooked" in citrus juice), soft or runny eggs, & unpasteurized dairy products. Be cautious of food that is cooked and allowed to sit at warm or room temperatures, such as on a buffet.

Street food vendors might not be held to the same hygiene standards as restaurants. Be sure the food comes right off the grill & is served to you

steaming hot.

Dry food & packaged food from factory sealed containers will be very safe, as long as you are the person that opens and handles the food.

Fruits & Vegetables can be safe if you peel them yourself, or are able to wash them in safe water (bottled, boiled, or disinfected). Salads, pre-cut cut-up fruit & veggie platters, & condiments made from raw fruits/veggies can be dangerous because you have not seen the hands that prepared the food.

Bottles with a factory seal & cans are usually always safe. Carbonated drinks, such as sparkling water will be the safest as the bubbles will indicate that the bottle/cans seal has not been tampered with. Sports drinks, water, & pasteurized milk in a sealed container are examples of safe drinks.

Most liquors have sufficient alcohol content to kill germs. Beer & wine in a factory sealed container should be okay as well. Avoid ordering drinks "on the rocks" or with a mixer. Ice might be made from contaminated tap water. Hot coffee & tea, served to you steaming hot is okay. Watch out for milk & cream that is in a pitcher, and may have been sitting out at room temperature for a long time.

In most developing countries, tap water should probably not be drunk, even in cities. This includes swallowing water when showering or brushing your teeth.

Sodas from a fountain are made by carbonating water & mixing it with flavored syrup. Since the water most likely came from the tap, these sodas are best avoided. Similarly, fresh squeezed juice, ice, & ice pops may be made from tap water & should be avoided.

Another common myth is that one would

be able to tell if food or water is safe just by looking at it. The germs that can make you sick are too small to see. This holds true for bathing & swimming. The water you want to go into may appear clean, but be host to many germs. Be sure not to swallow water you are in & do not swim with open cuts or wounds.

Luckily the CDC has created an app to offer advice on making safe food & drink choices, called "[Can I Eat This?](#)"

The CDC suggests that travelers take bismuth subsalicylate (Pepto-Bismol, Kaopectate) with them on their travels as a preventative measure. Two ounces of liquid or two chewable tablets four times per day is enough to reduce the risk of intestinal issues by approx. 50%. If you do become ill with Travelers' Diarrhea treatment include over-the-counter, such as Lomotil or Imodium, to treat the symptoms. Be sure to follow-up with your health care provider when you return home.

Check out the other travel resources created by the [CDC here](#).



HAPPENINGS AROUND TOWN

Tis the season for Fireworks. The safest way to view fireworks is when they are put on by professionals. Here are some up coming events:

July 1 - James "Dutch" Fogarty 4th of July Celebration at Manchester Band Shell, 60 Bidwell Street. Music at 7 p.m. by Skyline Drive and Mass Conn-Fusion. Rain date: July 2.

July 5 - Downtown Rockville with the annual Push, Pull and Tow Patriotic Parade and at Henry Park with the Kids Fun Zone. Rain date: July 6.

- [Repair Café](#) - Sat., July 8, 10-2pm, First Congregational Church Arnold Aud., 199 Valley St, Willimantic. Learn from experts how to fix all kinds of products.
- [The Annual 5K Run for the Playground](#) - Sat. July 15th at the Mansfield Community Center. Beginning at 8:30am/awards to follow. Kids' games will be held during & after the race.
- [31st Annual WILL Boom Box Parade](#) - Tues. July 4th 11am, Downtown Willimantic
- [Hale at the Homestead](#) - Sat. July 29, 11-4pm, Nathan Hale Homestead. Learn about the daily life of soldiers at this Revolutionary War military encampment, suggested donation of \$5.

Sources include: Centers for Disease Control and Prevention, National recreation and Park Association, American Automobile Associations.

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



Instructions

In a large saucepan, sauté onion & green pepper in butter until tender. Stir in corn, tomato, salt, pepper & cayenne.

Reduce heat; cover and cook for 5-10 minutes or until heated through, stirring occasionally.

July is blueberry, strawberry, & raspberry season in CT!
Get out and [Pick-Your Own](#), at one of these local farms.



July is National Park and Recreation Month



July is National Park & Recreation Month which has been celebrated since 1985.

The month serves to highlight the importance of parks and recreation in health and wellness, conservation and social equity, and to recognize the park and recreation employees that maintain our nation's local and community parks.

Parks are more than just plots of grass. Parks offer a host of recreation opportunities such as sports fields, trails, beach-



es, and many other uses. Parks play an important role in environmental health by cleaning water, preserving wildlife, and offering a refuge to humans and animals throughout the year.

According to research conducted by [National Recreation and Park Association \(NRPA\)](#) children with access to safe parks are more likely to be physically active, and [active kids perform better in school](#).

Physical activity can reduce the chances of becoming obese for people of all ages. Plus, spending time outdoors can [improve mental health](#).

As America continues to face serious health issues including rising rates of chronic disease, an increased prevalence of sedentary lifestyles and poor nutrition habits, parks offer an affordable, accessible solution.

We are lucky to be in an area with such an abundance of parks, trails, lakes, ponds and outdoor recreation areas.

Get out there and discover a park or new recreation activity in our community this month. Here are some helpful links to get

Andover	Coventry	Joshua's Trust
Ashford	Mansfield	EHHD Trail Guide
Bolton	Scotland	Last Green Valley
Chaplin	Tolland	
Columbia	Willington	

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

