

JULY 3, 2024

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



STAY SAFE AT SUMMER EVENTS

July is here and it is time to celebrate our nation's independence! Whether you are attending a small-town festival, a big city celebration, or hanging out with friends in the backyard be sure to review these tips for summer event safety.

- Wear hats, sunscreen and sunglasses.
- Stay weather aware. Check the weather forecast before you leave. Know where you can take cover if storms arise.
- Pay attention to your surroundings. Even distracted walking while on your cellphone can make you more vulnerable to injury. Be especially careful crossing roadways and in parking areas.
- Keep young children close to you and hold their hand if possible. Talk to your children about what to do if they get lost.
- Wash your hands thoroughly with soap and water before eating.
- Stay hydrated. Remember "Water First for Thirst"!
- Be sure to stay far away from sound-producing sources like fireworks to protect your hearing.

If fireworks are included in your plans, please celebrate safely. The US Consumer Product Safety Commission shares these fireworks safety tips:

- Never allow children to play with or ignite fireworks, including sparklers.
- Make sure fireworks are legal in your area before buying or using them.
- Keep a bucket or water or garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never try to re-light or pickup fireworks that have not ignited fully.
- Never use fireworks while impaired by alcohol or drugs.

MCHD is dedicated to preventing illness, injuries, or death; promoting lifestyles, actions, and laws that improve health and safety; and protecting vulnerable groups. The greatest wealth of a community is the health of the people. Stay safe!