



Work & Family Matters

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Contact the **UAW-Chrysler Family Resource & Referral Program 1.877.682.2472** for 24/7 assistance



Fireworks Facts!!!

- About 1 in every 3 fireworks-related injuries happen between June 16th and July 16th.
- About three times as many males as females are injured.
- During the time around the 4th of July, almost half of those injured were children and young adults under the age of 20.
- Injuries from fireworks most often affect the hands, eyes, head, face, and ears.
- Fireworks can cause blindness, third-degree burns, and permanent scarring. They can also cause life-threatening residential and motor vehicle fires.

Tomato Safety Tips



For many people, one of the great joys of summer is biting into a red, ripe, juicy tomato. But, if you have been watching the news and reading the newspapers lately, you know that there has been an outbreak of salmonella that has been linked to tomatoes.

Since April, there have been 810 cases of salmonella in 36 states that all have the same genetic fingerprint—meaning that the cases have all been linked to the same source of contamination. So, without foregoing tomatoes altogether, what do you need to know to protect yourself and your family?

Safe Handling Tips

- ◆ Refrigerate within two hours or discard cut, peeled, or cooked tomatoes.
- ◆ Avoid purchasing bruised or damaged tomatoes and discard any that appear soiled.
- ◆ Thoroughly wash all tomatoes under running water.
- ◆ Keep tomatoes that will be consumed raw separate from raw meats, raw seafood, and raw produce items.
- ◆ Wash all cutting boards, dishes, utensils, and countertops with hot water and soap when switching between types of food products.

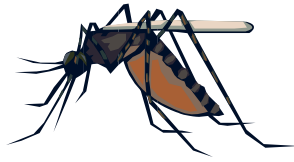
The FDA recommends that retail outlets, restaurants, and food service operators offer only fresh and fresh cut red plum, red Roma, and round red tomatoes, and food products made from these tomatoes from specific sources. You will be safe to assume that any tomatoes purchased from large chain stores and fruit markets will follow the guidelines set forth by the FDA. You should exercise caution when purchasing tomatoes from roadside fruit stands until the source of the contamination has been discovered. The FDA has also indicated that cherry tomatoes, grape tomatoes, and tomatoes sold with the vine still attached from any source are considered safe.

You can find further information on the FDA Web site at: www.fda.gov/oc/opacom/hottopics/tomatoes.html.

This article has been adapted from an article located on the Centers for Disease Control Web site, www.cdc.gov.

Fireworks Facts!!! (Continued)

- In 2006, 11 people died and an estimated 9200 were treated in emergency rooms in the U.S.
- Sparklers account for one-third of the injuries to children less than 5 years of age.
- Between 2000 and 2005, more than one-third of the fireworks-related deaths involved professional devices that were illegally sold to consumers.
- In spite of federal regulations and varying state laws, many types of fireworks are still accessible to the public.
- What are some of the most dangerous of the fireworks sold? Bottle rockets can fly into faces and cause burns and eye injuries; sparklers can ignite clothing—sparklers burn at more than 1000°F; firecrackers can injure the hands or face if they explode at close range.
- Injuries usually occur because people are too close to the fireworks when they explode, or when a misguided rocket-type firework hits a nearby person.
- Homemade fireworks are probably the most dangerous of all types of fireworks used.



Mosquito & Tick Protection

Aside from being annoying and uncomfortable, bites from mosquitoes and ticks can cause some serious diseases. Here are some tips to keep you and your family safe:

- Use an insect repellent on all exposed skin to repel mosquitoes, ticks, fleas, and other arthropods. EPA-registered repellents include products containing DEET and picaridin. DEET concentrations of 30% to 50% are effective for several hours, while picaridin, sold at 7% and 15% concentrations, need more frequent application.
- DEET formulations as high as 50% are recommended for both adults and children over 2 months of age.
- Protect infants less than 2 months of age by using a carrier draped in mosquito netting with an elastic edge for a tight fit.
- When using sunscreen, apply sunscreen first and then apply repellent. Repellent should be washed off at the end of the day before going to bed.
- Wear long-sleeved shirts which should be tucked in, long pants, and hats to cover exposed skin. When you visit areas known to have ticks and fleas, wear boots—not sandals—and tuck pants into socks.
- Inspect your body and clothing for ticks during outdoor activity and at the end of the day. Wear light-colored or white clothing so ticks can be more easily seen. Removing ticks right away can prevent some infections.
- Apply insect repellent containing permethrin (e.g., Permanone) to clothing, shoes, tents, mosquito nets, and other gear for greater protection. Permethrin is not labeled for use directly on the skin.
- Most repellent is generally removed from clothing and gear by a single washing, but permethrin-treated clothing is effective for up to five washings.
- Be aware that mosquitoes that transmit malaria are most active during twilight periods (dawn and dusk) or in the evening.
 - Stay in air-conditioned or well-screened housing, and/or sleep under an insecticide-treated bed net. Bed nets should be tucked under mattresses and can be sprayed with a repellent if not already treated with an insecticide.

Have a healthy, safe, and enjoyable summer!!!
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Tips for a Stress Free Summer

- ◆ **Plan activities ahead of time.** Summer camps and many activities for children fill up early, so it's best if you plan ahead. Check with your city's Parks & Rec department, libraries, and local attractions for fun things to do.
- ◆ **Create a budget and stick to it.** Tell the kids ahead of time that there is so much money to use for an activity and what they can expect you to buy for them. Then, no matter how much they beg, stick to your budget.
- ◆ **Don't overschedule your kid's time.** Sometimes, just laying in the grass and watching the clouds with a friend, or going on a bike ride will keep the kids happy. They don't always have to be doing "organized" activities.
- ◆ **Throw the plans out the window.** Maybe strawberry picking doesn't sound like such a good idea if the day you planned it for turns out to be 95 degrees in the shade. Be willing to change your plans and just spend the day kicking back.
- ◆ **Don't use just any babysitter.** Lots of high school and college kids are available to babysit during the summer, but it doesn't always mean they are qualified. Remember to check out references and make sure the kids like the sitter you have selected.

Adapted from an article on About.com, accessed June 2008.

Choosing a Boarding Kennel



Your pet depends on you to take care of him or her even when you have to be away from home. Friends and neighbors may not have the time or experience to properly look after your pet, particularly, if you are going on a long trip. So, it may be best to leave your pet in the care of professionals.

What are the pros and cons of using a boarding kennel?

A facility specializing in care and overnight boarding allows your pet to:

- Avoid the stress of a long car or airplane ride to your destination.
- Stay where he/she is welcome (unlike many hotels).
- Receive more attention and supervision than he would if home alone most of the day.
- Be monitored by staff trained to spot health problems.
- Be secure in a kennel designed to foil canine and feline escape artists.

Potential drawbacks to using a boarding kennel include:

- The stress related to staying in an unfamiliar environment.
- The proximity to other pets, who may expose your pet to health problems.
- The difficulty of finding a kennel that accepts pets other than dogs or cats.
- The inconvenience of the drive over, which can be especially hard on a pet easily stressed by car travel.

How do I find a good kennel?

- Ask a friend, neighbor, veterinarian, animal shelter, or dog trainer for a recommendation.
- Check the Yellow Pages under "Kennels & Pet Boarding."
- Once you get names, even from reliable sources, do some background checking.
- First, find out whether your state requires boarding kennel inspections. If it does, make sure the kennel displays a license or certificate showing that the kennel meets the mandated standards.
- Ask whether the kennel belongs to the American Boarding Kennels Association (ABKA, 719-667-1600/www.abka.com), a trade association founded by kennel operators to promote professional standards of pet care. Besides requiring members to subscribe to a code of ethics, ABKA offers voluntary facility accreditation that indicates the facility has been inspected and meets ABKA standards of professionalism, safety, and quality of care.
- Check with the Better Business Bureau to see whether any complaints have been lodged against a kennel you are considering.
- Visit the facility and ensure that it looks and smells clean and fresh.
- Make sure there is sufficient ventilation and light, and that a comfortable temperature is maintained.
- Does the staff seem knowledgeable and caring?
- Are pets required to be current on their vaccinations, including the vaccine for canine kennel cough (Bordetella)? This requirement helps protect your animal, as well as others.
- Does each dog have his/her own adequately sized indoor/outdoor run or an indoor run and a schedule for exercise?
- Is there enough space for the animal to move around freely?

This is not a complete list, but gives you a good start on what to look for. For more tips, go to The Humane Society of the United States, at www.hsus.org.