

# NEWS



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July 7, 2011

For Immediate Release

## 07-07-11 THIS WEEK IN ORANGE COUNTY BY EDWARD A. DIANA

I hope that everyone's summer is off to a great start and that you enjoyed a pleasant Independence Day weekend! There's always so much to see and do in Orange County for all interests and ages. If you're looking for ideas, be sure to check out a few great Orange County online resources: [www.orangetourism.org](http://www.orangetourism.org), [www.orangecountynyparks.com](http://www.orangecountynyparks.com), and [www.orangecountygov.com/history/events](http://www.orangecountygov.com/history/events).

The long-awaited arrival of summer, with its longer days and warmer weather, has many of us spending more time enjoying the great outdoors. To make your time outside even more enjoyable, Dr. Jean M. Hudson, Orange County Commissioner of Health, has asked me to pass along a few tips for your good health and well-being.

If you enjoy picnics, barbecues, and meals outdoors, bear these tips in mind:

- Keep cold foods cold ...and hot foods hot.
- Don't store food in sunlight.
- Don't handle or prepare food when you've been ill.
- Wash your hands thoroughly before handling food.
- Don't undercook chicken, pork and other meats and eggs.
- Cover foods at all times, and store trash in closed containers.
- Don't use plates, utensils, or flat surfaces that have been in contact with raw meat or eggs.

When the temperature really starts to climb, Dr. Hudson offers the following suggestions to help you deal with extreme heat:

- Drink more fluids. Don't wait until you are thirsty to drink. Avoid alcohol and caffeine as they dehydrate the body.
- Wear lightweight, light-colored clothing to reflect the sun. It's also a good idea to wear a wide-brimmed hat, use an umbrella, and apply a sunscreen of SPF 15 or higher if you're going out.
- Eat small meals and eat more often. Avoid food high in protein which increases metabolic heat.
- Slow down – if you must do strenuous activity, try doing it in the cooler parts of the day – early morning or early evening are best.
- If possible, stay indoors, preferably in an air-conditioned space, when temperatures are extreme. If you don't have air conditioning visit a cool public place – like the library, mall, or community center.
- NEVER leave anyone – person or animal – in a parked vehicle.
- Be a good neighbor – check on those who are elderly or who have young children.
- Don't leave pets unattended outdoors and make sure they have plenty of drinking water.

For more tips and insight from Dr. Hudson and her Healthy Orange team, visit [www.healthyorange.com](http://www.healthyorange.com) for a wealth of health, nutrition, and exercise information.

Until next week, wishing you good health and happiness.

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