

# BYE-BYE KIDS!



Volume 1, Issue 11

July 10, 2009

## IOWA CHIROPRACTIC CLINIC OF ANKENY

### Summer Camp

Camp is always something for children of all ages to look forward to. Parents probably do too! So we should always make sure that they are healthy and safe when they are sent out on this summer adventure.

**Get your kids vaccinated.** Be sure that all vaccinations are up-to-date. Ask your doctor about recommended vaccinations for camp.

**Encourage safe physical activities.** Sixty minutes or more is recommended physical activity for children. If the camp does not provide protective and safety equipment, pack a helmet and a life jacket.

**Teach your kids to stay hy-**

**drated.** Your children should be educated on how they need fluids on a regular basis. If your child is thirsty, they are already at dehydration. Encourage your kids to drink plenty of sugar-free, non-carbonated fluids throughout the day.

**Teach your kids to avoid wild animals.** Educate your children that wild animals can carry dangerous diseases. Encourage them to watch from a safe distance.

**Pack protection.** Be sure to pack plenty of insect repellent and sunscreen so they are protected from mosquitoes, ticks, and the sun. Pack light-colored, light-weight clothes as well as

blankets and warm clothing.

**Be proactive.** Be sure to know how you can be notified when your child becomes ill or injured. Know what procedures will be taken. Encourage hand washing and hand-sanitizer, especially after coughing and sneezing.

**Prepare your kids.** Educate your children so they are prepared for an emergency.



**For more tips, go to  
[www.cdc.gov](http://www.cdc.gov)**

<http://cdc.gov/Features/SummerCamp/>



#### Packing List

- Adequate bedding/sleeping bag and extra blankets
- Tent and plastic ground cloth
- Light-weight, light-colored clothing, including long sleeves and pants
- Insect repellent containing DEET
- Permethrin insect repellent for clothing
- Broad-spectrum sunscreen and lipscreen with SPF 15 or higher
- Wide-brimmed hat and sunglasses
- Healthy on-the-go snacks and other food
- Water and other alcohol-free and sugar-free fluids
- Insulated cooler

- Alcohol-based hand sanitizer
- Life jacket, helmet, and other protective gear
- First-aid kit
- Compass or GPS
- Map
- Flashlights
- Extra batteries
- Extra set of clothes
- Sturdy shoes
- Medical record, including vaccinations; insect, food, plant, and other allergies; diseases and conditions; medicines, dosing schedules, and storage instructions; emergency contacts; and activities your doctor or nurse says to avoid

**IOWA CHIROPRACTIC CLINIC OF ANKENY**

*Tip of the Day*

Trim away all of the visible fat from meats and poultry before cooking.

[www.mypyramid.gov](http://www.mypyramid.gov)



"A lot of parents pack up their troubles and send them off to summer camp."

~Raymond Duncan

[www.iowachiroclinic.com](http://www.iowachiroclinic.com)

**Mmmm...cookie dough?**



Recently there has been an E. coli outbreak in the United States that is linked to eating raw refrigerated, prepackaged cookie dough. A reported 72 persons have been infected from 30 different states. There has only been two in Iowa. Some of the infected persons have been hospitalized, developed hemolytic uremic syndrome (HUS), but thankfully no one has died.

When a study was performed, the most common food that was linked to this E. coli breakout was refrigerated prepackaged Nestle Toll House cookie dough products raw.

Most developed diarrhea (often bloody) with abdominal cramps,

but the illnesses can become more severe. An infection can occur as well as kidney failure which causes HUS.

Consumers are advised not to eat any Nestle Toll House prepackaged products, and if you have some, please throw it away. The Nestle Toll House morsels are not included in the recall and can be used as well as any other home-made baked goods.

Consumers should also be advised not to eat any raw food products that are intended for cooking. We should also use safe practices while cooking and baking, such as, washing hands, utensils, and surfaces; avoid

cross-contamination; use proper cooking temperatures; and use



refrigeration when necessary.

For more information on this possibly dangerous outbreak, visit Center of Disease Control and Prevention's website to learn more on what you can do for you and your family to stay safe.

<http://www.cdc.gov/ecoli/2009/0630.html>

