



News Release

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FOR IMMEDIATE RELEASE

July 2, 2014

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Tips for a Healthy, Safe July Fourth Holiday Weekend

COLUMBUS – As Ohioans make plans to celebrate the July Fourth holiday weekend, the Ohio Department of Health (ODH) offers several tips for ensuring a healthy, safe celebration by taking a few precautions regarding fireworks, food-borne and water-borne illnesses, mosquitoes and measles.

“If you’re planning to go to a fireworks display, a cookout, a swimming party, camping or traveling, there are some simple precautions you can take to help keep your family healthy and safe,” said ODH State Epidemiologist Dr. Mary DiOrio.

- Ohio law permits the use of sparklers and other types of novelties. Sparklers can burn at more than 1,000 degrees Fahrenheit and should be used with caution.
- Cook food to the right temperature.
- Refrigerate uneaten food promptly.
- Wash/rinse fruits and vegetables unless you can peel them yourself.
- Drink beverages that are bottled and have a seal that is unbroken.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Bugs (including mosquitoes, ticks and some flies) can spread a number of diseases. Use insect repellent.
- Shower with soap before and after you swim.
- Ohio’s continuing measles outbreak is the largest in the U.S. since 1994. Parents with infants too young to be vaccinated with the mumps-measles-rubella (MMR) vaccine should consider not traveling with them to areas where measles outbreaks are occurring. Contracting measles is especially serious for infants younger than one year of age.

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