

Health Bulletin

Health tips and news for the community



FALL 2013

Stop! Don't Treat a Virus with Antibiotics

Did you know:

- Antibiotics kill bacteria and some other microorganisms.
- Antibiotics do not kill viruses.
- Many common illnesses are caused by viruses.
- Taking antibiotics when you have a virus can make you sicker.

These common illnesses are caused by viruses:

- | | | |
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| <ul style="list-style-type: none"> • Colds • Flu • Runny noses | <ul style="list-style-type: none"> • Most coughs • Most bronchitis • Most sore throats | <ul style="list-style-type: none"> • Most sinus infections • Some ear infections |
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Inside this issue:

- Stop! Don't Treat a Virus with Antibiotics
- Power Outages and Food Safety
- Rake Leaves Safely



Taking antibiotics for viruses:

- Will NOT cure you
- Will NOT help you feel better
- Will NOT keep others from catching your virus

Improper use of antibiotics can:

- Kill good bacteria in your body.
- Cause diarrhea, yeast infections and serious allergic reactions. Call your doctor if you have any of these symptoms.
- Result in stronger bacteria that may cause future infections and be very hard to treat.



Remember:

- ◇ Bacteria can cause illnesses like strep throat that are often treated with antibiotics.
- ◇ There are risks when taking any prescription drug.
- ◇ Antibiotics should only be used when your doctor says they are needed.
- ◇ Take all of your antibiotics even if you feel better.



STAY IN TOUCH WITH THE HEALTH BULLETIN

You can find the Health Bulletin in many languages at

<http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>.

For more information about the Health Bulletin, contact Marialisa Ramirez at 215-685-6496 or HealthBulletin@phila.gov.

Power Outages and Food Safety

Power outages are annoying, especially when they last a while. A refrigerator will keep food fresh for up to 2 hours without power. Below are some tips to save your food and keep your family healthy.

How do I keep my food safe during a power outage?

- Keep your refrigerator and freezer doors closed as much as possible.
- First eat food in the refrigerator. A closed refrigerator will keep food cold for about 2 hours.
- Next eat food from the freezer. A freezer will keep food frozen for 24 to 48 hours if the door stays closed.
- Use up your canned foods after using food from the refrigerator and freezer.
- If it looks like the power outage will be longer than one day, get a cooler ready with ice for your freezer items.
- Keep water bottles in the refrigerator before a power outage because they can help keep your refrigerator cold when the power goes out.



What should I do with my food after the power comes back on?

- Throw away any food that smells bad or has an unusual color or texture. When in doubt, throw it out!
- Throw away any food that has been out at room temperature. Bacteria causing food-borne illness can start growing quickly.
- Some types of bacteria cannot even be killed by cooking.
- Never taste food to check if it is still good.
- If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- If you are not sure if food is cold enough, take its temperature with a food thermometer.
- Throw out any foods that feel warm.

PECO
Contact Information:

Website:

www.peco.com

Emergency Line:

1-800-841-4141

Customer Service:

1-800-494-4000

**Language
Interpretation services
are available**

Rake Leaves Safely



While raking leaves:

- Do not twist your body.
- Use your legs to shift your weight, instead of twisting your back.
- Bend at the knees and not at the waist to pick up items.
- Use a properly sized rake for your height and strength. A 24 inch rake is good for a 5 foot 6 inch person.
- Wear gloves to avoid blisters on your hands.
- Wear protective eye glasses, especially if you are using a leaf blower.

QUICK TIPS

Don't overdo it. Take breaks and slow down.

Drink plenty of water. It is important to stay hydrated.

Stretch! Stretching can help relieve tension in your muscles. A hot bath can relax the muscles as well.