



### SPECIAL POINTS OF INTEREST:

- **Beat the Heat**
- **Breastfeeding Awareness Walk**
- **Back to School Hearing & Vision Screening**
- **Women, Infant, Children (WIC)**
- **Summer Food Safety**

## Beat the Heat

For many people, warm weather is a time for fun-filled outdoor activities. However, hot weather and outdoor activities don't always mix well, especially during periods of extreme heat—times when temperatures are substantially hotter and/or more humid than average for a location and date.

Extreme heat can cause people to suffer from heat-related illness, and even death. People suffer heat-related illness when their bodies are unable to properly cool themselves. Older adults, young children, and people with chronic medical conditions are at high risk for heat-related illness and death. More than 700 people die from extreme heat every year in the United States.

For more information on how to beat the heat—visit [cdc.gov](https://www.cdc.gov)

### Steps to Protect Yourself

When temperatures are extremely high, take steps to protect yourself and your loved ones:

- Stay in an air-conditioned indoor location as much as you can
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully
  - Wear loose, lightweight, light-colored clothing and sunscreen.
  - Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



# Breastfeeding Awareness Walk

DIDHD will be holding the 11th Annual Breastfeeding Awareness Walk on Saturday, August 2, 2025 at Strawberry Lakes/Knights Kingdom in Norway, MI. The walk will take place from 11:00 a.m. to 12:00 p.m. This is a free community walk on a stroller-friendly path. All families are welcome to attend. There will be light refreshments and snacks available. The event will feature giveaways and breastfeeding resources. Captured by Mik will be offering free photography as a gift to families. This event is made possible by the collaboration of the businesses listed below. We hope to see you there!



**bellinhealth**



A Special thank you to the City of Norway for allowing the use of Strawberry Lake.

**Back  
to  
school**

## Free Hearing & Vision Clinics

For ages 3-18 years

Please call to schedule

Immunizations will be provided at the time of appointment, if requested

### DICKINSON COUNTY

July 14th and 25th

Aug. 11th and 15th

### IRON COUNTY

July 9th and 31st

Aug. 8th and 12th



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## Women, Infant, and Children (WIC) program



Please follow the QR code for 2025 WIC Income Guidelines. Keep in mind, if you or your child are enrolled on Medicaid you automatically qualify for WIC! Please don't hesitate to call with questions 906-265-4173 (Iron County) or 906-779-7212 (Dickinson County).

## Summer Food Safety

As the temperature rises, so does the risk of foodborne illness. Hot, humid weather creates the perfect conditions for the rapid growth of microorganisms that cause illness. Bacteria and viruses are the most common cause of food poisoning. Summer also means more people are cooking outside at picnics, barbeques and camping trips, without easy access to refrigeration and hand washing facilities to keep food safe. Below are some food safety procedures to help control the rapid multiplication of these harmful microorganisms.

### **Wash hands and surfaces often to avoid the spread of bacteria.**

Wash your hands with warm soapy water for at least 20 seconds after handling raw meats or using the bathroom and before handling ready to eat food.

### **Keep raw meats and poultry separate from ready to eat foods to avoid cross-contamination.**

When you pack a cooler for an outing, wrap uncooked meats and poultry securely, and put them on the bottom to prevent raw juices from dripping onto other foods.

### **Make sure you kill harmful bacteria by properly cooking food.**

Take a food thermometer along to check internal cooking temperatures of meat and poultry to verify they are at a safe temperature before serving.

### **Keep cold food cold.**

Perishable foods that are normally in the refrigerator, such as lunch meats, cooked meat, and potato or pasta salads, must be kept in an insulated cooler with ice to keep the temperature below 41°F.



The Dickinson-Iron District Health Department, Environmental Health Division, will assist you with questions on food safety; please call 906-779-7239, Monday-Friday 8-4 p.m.



## Dickinson-Iron District Health Department

Iron County  
1374 Commercial Avenue  
Crystal Falls, MI 49920  
Phone: 906-265-9913 Fax: 906-874-2950

Dickinson County  
818 Pyle Drive  
Kingsford, MI 49802  
Phone: 906-774-1868 Fax: 906-774-9910

[didhd.org](http://didhd.org)

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### Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.



**WE LIVE HERE. WE WORK HERE. WE CARE.**

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