

## Public Beach and Pool Safety

All summer, the Livingston County Health Department (LCHD) has been monitoring public beaches and pools to keep the community healthy and safe. LCHD inspects over 60 public swimming pools and 12 public beaches each year. Read on to learn what steps LCHD takes to make your dip in the water a safe one!

### Public Beaches

During swimming season, LCHD samples the water at public beaches for E. coli bacteria. High levels of E. coli can make swimmers sick with diarrhea, belly pain, nausea, and vomiting. To prevent this, LCHD compares local bacteria levels to the safety standards and limits set by the Michigan Public Health Code. If the bacteria reach dangerous levels, the health department will temporarily close the beach until E. coli levels have returned to normal. The most recent beach closings, advisories, testing schedules, and sample results are available through the Michigan Department of Environmental Quality's BeachGuard database: <http://www.deq.state.mi.us/beach>

### Public Pools

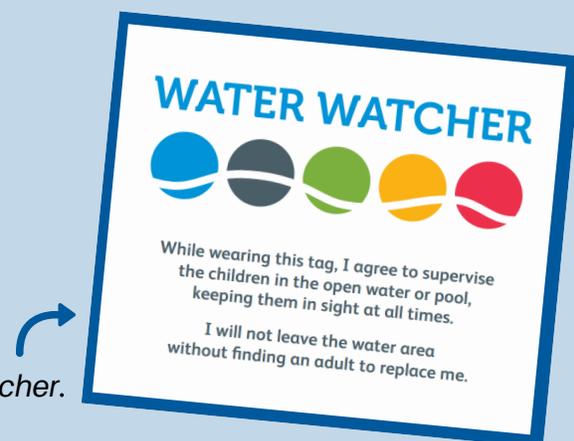
The health department inspects public pools before they open for the season and during mid-season. Routine pool inspections involve water sampling to measure the disinfectant residual, pH, alkalinity and when necessary cyanuric acid. Walking surfaces, access doors, fences, recirculation equipment, and emergency equipment and procedures are also evaluated during inspections. If a pool does not pass inspection, it will close until the safety concerns are fixed. All local pool inspection results are available to the public at: <https://bit.ly/2o30GXV>

You can find more information about public beach and pool inspections on our website:  
[www.livgov.com/health/eh](http://www.livgov.com/health/eh)

## Stay safe while you swim!

Swimming is a great form of exercise, but it is important to know how to be safe while you swim! Here are a few swimming safety tips:

- Make sure everyone in your family knows how to swim well.
- Always swim with a buddy.
- Never leave young children unattended near water.
- Maintain constant supervision of children by assigning a *Water Watcher*.



Print your own Water Watcher card at: [www.safekids.org/other-resource/water-watcher-card](http://www.safekids.org/other-resource/water-watcher-card)

# Eat Safe Fish

Whether you are planning to serve your fresh catch of the day or a fish from your local market, it is important to be aware of the differences between safe and unsafe fish. Fish and seafood products can be an important part of a healthy diet, but eating too much of an unsafe fish can make you sick. Learn more about safe fish below:

## What are 'safe' fish?

Safe fish contain lower amounts of potentially harmful chemicals.

## Why are there chemicals in some fish?

Wind, rain, and run-off can cause chemicals and pollutants to settle into the sediment at the bottom of lakes, rivers, and streams. Small organisms eat some of these chemicals while they are digging for food in the sediment. Then, larger fish eat the small organisms, collecting and storing some of the chemicals during the process.

## How can I protect myself from these chemicals?

You can keep your body healthy by being S.A.F.E. and following the 3Cs: Choose, Clean, Cook!

**HAVE YOU HEARD?**  
The Michigan Department of Health and Human Services (MDHHS) has issued an emergency 'Do Not Eat' fish advisory for all fish from the Huron River at Milford to the Huron River at Base Line and Portage Lakes due to PFOS contamination. Find more information about this pollutant and its environmental impact at: [www.michigan.gov/pfasresponse](http://www.michigan.gov/pfasresponse)

# FIGHT THE BITE!

Mosquitoes, although small in size, can have a big impact on the health of both humans and animals. Besides being itchy and irritating, mosquito bites can also spread disease. In fact, their ability to carry and spread disease causes millions of deaths each year! In Livingston County, mosquitoes are able to carry the West Nile Virus as well as dog heartworm. Below are a few steps you can take to protect yourself and your family from mosquito bites:

## To control mosquitoes inside and outside your home:

- Install/repair window and door screens.
- Keep doors and windows closed, and use air conditioning when possible.
- Once a week, empty, scrub, turn over, or throw out any items that hold water, like tires, buckets, planters, toys, birdbaths, flowerpot saucers, or trash containers.

## To prevent mosquito bites:

- Use DEET containing insect repellent; follow the application instructions.
- When outdoors, wear long-sleeved shirts and pants.



LIVINGSTON COUNTY  
Health Department

2300 East Grand River Avenue, Suite 102  
Howell, MI 48843-7578

**Personal & Preventive Health Services**  
517-546-9850

**Environmental Health Services**  
517-546-9858

[www.LCHD.org](http://www.LCHD.org)

**S**

### Smaller fish are better.

Small fish tend to have fewer chemicals.

**A**

### Avoid large predator fish and bottom-feeders.

Always check the Eat Safe Fish Guide before eating these fish.

**F**

### Fat should be removed.

Some chemicals are stored in the fat of the fish.

**E**

### Eat fish that have been broiled or grilled on a rack.

More fat can drip away during cooking.

## CHOOSE

Choose fish that meet S.A.F.E. criteria and use the Michigan Department of Community Health's *Eat Safe Fish Guide* and *Buy Safe Fish* brochure to find safe fish in your area.

## CLEAN

Some harmful chemicals can be stored in fat, so while you are cleaning your fish, remove the fat.

## COOK

While cooking, even more fat can be removed by using a grill or broiler pan. It is also a good idea to poke holes in or completely remove the skin of the fish. Taking these steps will allow fat to easily drip away during cooking.