

Continued from the other side...

**Q: What can I do to prevent food poisoning and other food-related illness?**

**A: Practice food safety when preparing food.**

- Cook food to the right temperature. Learn more at <http://tinyurl.com/cooking-temps>.
- Wash hands and surfaces used to prepare food — such as cutting boards — often.
- If away from home, store perishable foods in an insulated cooler filled with ice or frozen cold packs. These foods commonly include meats or sandwiches; salads containing meat or mayonnaise; cut-up fruit and vegetables; and dairy products.
- Keep raw foods and cooked foods separate. Use separate utensils for meat, poultry, seafood and eggs.

**Q: How do I stay safe when I head outdoors?**

**A: Watch out for ticks, mosquitoes, bats and other animals.**

- Ticks and mosquitoes can spread diseases such as Lyme disease and West Nile virus. Use EPA-approved insect repellents to protect yourself, such as those containing DEET, oil of lemon, eucalyptus or picardin. Follow the directions on the container.
- Oregon bats can carry rabies. Avoid all physical contact with bats.
- To prevent injury from other animals, follow instructions from park rangers and Forest Service authorities about what you should and should not do around wildlife.



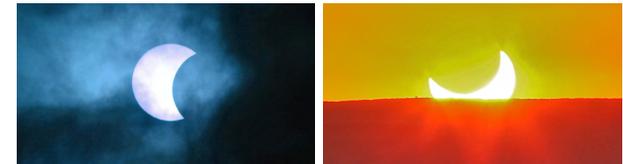
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OHA 8826A (8/17)

# Solar Eclipse August 21, 2017

## Health Information Frequently Asked Questions



PUBLIC HEALTH DIVISION  
Health Security, Preparedness  
and Response

# Eclipse health information

## Q: What can I expect?

**A: Expect to have fun with approximately 1 million visitors.**

There will be roughly 120 planned eclipse events statewide, mainly along the path of the total eclipse. Be prepared to take care of yourself and stay safe:

- Learn eye safety from eye experts.
- Practice good hygiene to avoid illness.
- Beat the heat! Stay cool. Stay hydrated. Stay informed.
- Know how to eat out safely before you go to a food vendor.
- Practice food safety when preparing food.
- Watch out for ticks, mosquitoes, bats and other animals.

## Q: How do I view the eclipse safely?

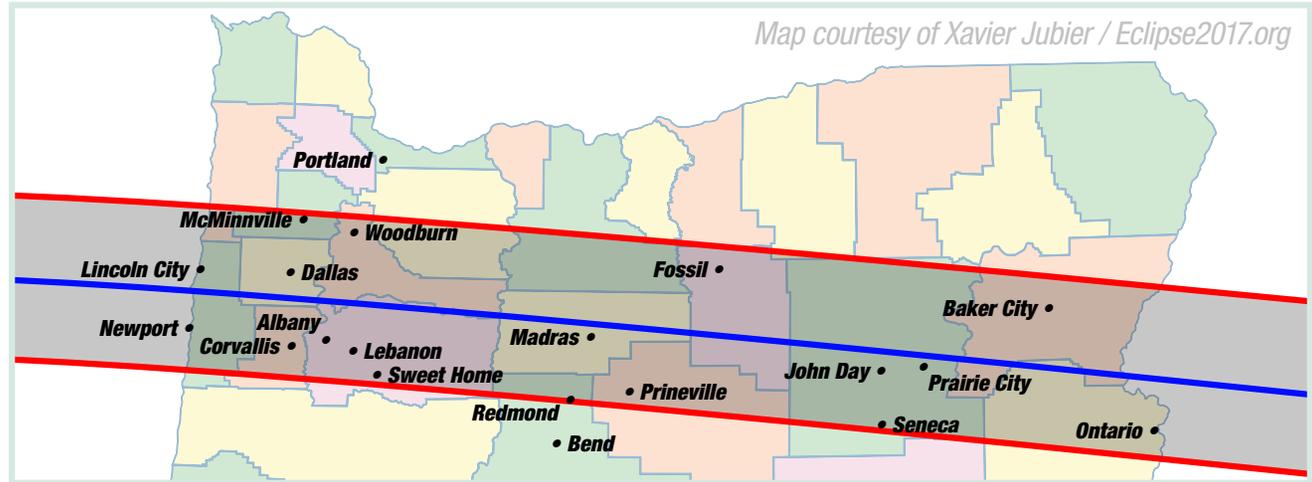
**A: Learn from eye experts.**

The Oregon Academy of Ophthalmology is a great source of expert information on eye health and safety during the eclipse. Learn more at <https://www.oregoneyephysicians.org>.

## Q: What can I do to prevent the spread of illness?

**A: Practice good hygiene.**

- Wash your hands before eating, drinking or preparing food and after using the restroom, coughing or sneezing.
- Cover your cough using a tissue that you throw out. If you do not have a tissue, cough into your sleeve.



- Use restrooms, latrines and port-a-potties where available. Follow park ranger and Forest Service guidance if in an area without access to sanitation.
- Use treated water from a potable water source or tap. If those sources are not available, you can treat water yourself by boiling it or using unscented bleach.

## Q: How can I prevent heat-related illness?

**A: Stay cool. Stay hydrated. Stay informed.**

- Be prepared to stay cool wherever you are during the eclipse.
- Make sure you have plenty of water for everyone, including your pets.
- Stay informed of the temperature and heat index when planning your activities so you can plan to stay cool and hydrated. The heat index measures how hot it feels when factoring in humidity with the actual air temperature.

- Oregon Department of Transportation expects traffic delays. Stay informed of them. In case you are stuck in traffic, always have extra water for everyone in the car. Know where you can stop for extra water if you need it.
- Learn how to prevent, recognize and treat heat-related illnesses. Learn more at <http://tinyurl.com/heat-related-illness>.

## Q: Some food vendors just opened for business. How can I decide where to eat?

**A: Before you take the first bite of food bought from a food vendor:**

- Ask to see a food service license if you do not see one posted.
- Check inspection scores if they are available on the county health department's webpage.
- Look around to make sure the food stand or restaurant is clean.
- Check that your food is cooked thoroughly.
- Properly handle and store any leftovers.

*Continued on reverse...*