

USDA's Tips on How to Store and Reheat Leftovers

- Refrigerate perishable foods within 2 hours to prevent bacteria growth.
 - Wrap leftovers tightly in airtight packaging or containers to keep bacteria out and preserve quality.
 - Store leftovers for 3–4 days in the fridge or 3–4 months in the freezer (though quality may decline over time).
 - Thaw leftovers safely using the fridge, a cold water bath, or the microwave. Once thawed, use within 3–4 days or refreeze.
 - You can reheat frozen leftovers without thawing, but it will take longer.
 - Always reheat leftovers to 165°F, boiling soups and sauces, and covering food to retain moisture and heat evenly.
- These practices help save time and money while keeping food safe to eat.*



ADULT



HEALTH BULLETIN



AUGUST 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Robertson County
Extension Office
39 East Walnut Street
Mt. Olive, KY
41064
606-724-5796

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER

The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

Continued on the next page →



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status. Extension programs are available in English and Spanish. For more information on the availability of these programs, contact your local Extension office. Extension programs are available in English and Spanish. For more information on the availability of these programs, contact your local Extension office.



Disabilities
accommodated
with prior notification.

Lexington, KY 40566



One of the best things

you can do is drink

plenty of water,

even if you don't feel thirsty.

Wear light-colored,

loose-fitting

clothes and a hat

to protect yourself

from the sun.

→ **Continued from the previous page**

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word "stroke" in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:
<https://www.cdc.gov/heat/health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health
Edited by: Alyssa Simms
Designed by: Rusty Mansau
Stock images: Adobe Stock



Cooperative Extension Service **CRAFTS & CRUMBS**

August 26

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 12 Spots



\$13.00– Community Members
\$10.00– Homemakers

Includes all material and instructions.

Registration by August 15



**Chicken Wire Sun
Catcher**



**Chicken Fajita
Salad**

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

COOKING THROUGH THE CALENDAR

**AUGUST 14
11 A.M.**

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

**SLOW COOKER
ASIAN PORK
TACOS**



SEE YA
Around Town

Mount★
Olivet

ROBERTSON COUNTY 4-H MEMBERS EXPLORE THE ART OF PHOTOGRAPHY IN DOVER, KY

A group of enthusiastic 4-H members from Robertson County recently took a unique educational trip to Dover, Kentucky, where they visited Pap's Photography Studio, owned and operated by self-taught photographer Scott Arthur.

The trip, organized for 4-H youth interested in photography, gave members hands-on experience in both portrait and action photography. Arthur, known for his creative style and welcoming spirit, opened his studio to the group and guided them through the process of capturing professional-quality images.

During the visit, students had the opportunity to experiment with lighting, composition, and movement using Arthur's high-end equipment and studio setup. From adjusting camera settings to posing subjects, the 4-H participants gained valuable insight into the artistic and technical aspects of photography.

"Scott made it fun and easy to understand," said one 4-H member. "I learned how to capture action shots without them being blurry!"

This experience is part of Robertson County 4-H's ongoing effort to connect youth with real-world opportunities in creative fields, encouraging hands-on learning outside the classroom.



NEWSLETTER

 Cooperative
Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

IMPORTANT DATES



THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

Continued on the next page

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.