

Health Highlights: Cicadas + Burn safety
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Video Version

INTRO: STAYING SAFE WHILE GRILLING– AND A NOISY INSECT GETTING A LOT OF ATTENTION.
MATT SHEEHAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(THEY'RE LOUD.... HAVE BRIGHT RED EYES... AND SHED THEIR EXOSKELETONS ALL OVER YOUR YARD.
BUT... THEY'RE COMPLETELY HARMLESS.

WE'RE TALKING ABOUT CICADAS... THE WINGED INSECTS THAT MAY BE SWARMING YOUR TREES AND
YARDS THIS SUMMER. DR. BRIAN CURTIS WITH OSF HEALTHCARE... SAYS TO EXPERIENCE THE RARITY OF
NATURE WHILE IT'S HERE.

TAKE SOT | DR. BRIAN CURTIS | VICE PRESIDENT OF CLINICAL SPECIALTY SERVICES | OSF HEALTHCARE

"Enjoy them. It's part of nature, right? They only come around every 15-16 years."

WHILE THEY ARE LOUD BUGS – DR. CURTIS SAYS IT'S ONLY DURING THE DAY. SO DON'T LOSE SLEEP OVER
CICADAS.

SUMMER'S A TIME FOR BEING OUTDOORS AND GRILLING YOUR FAVORITE FOODS... BUT MEDICAL EXPERTS
SAY IT'S IMPORTANT TO PLAY IT SAFE BEFORE LIGHTING THAT FIRST FLAME. MAKE SURE YOUR GAS GRILL
IS READY. IF IT'S NOT PRIMED CORRECTLY – THAT COULD LEAD UP TO A BUILDUP OF GAS THAT CAN
EXPLODE. ANOTHER CONCERN IS WHEN PEOPLE USE LIGHTER FLUID WITH CHARCOAL... SOME PEOPLE
POUR TOO MUCH LIGHTER FLUID ON WHICH CAN QUICKLY CREATE FLASH BURNS.

**TAKE SOT | Dr. Stathis (STAY-THIS) Poulakidas (POLE-UH-KEEDAS), medical director, OSF Saint Anthony
Medical Center Burn Unit, Rockford, IL.**

"Garages are a very dangerous place. You think 'I'm going to get out of the rain, or I'll be able to grill year-round'
and it's going to be warm and safe. But you have turpentine, gasoline, all different types of gas products in the
garage that you might use for your lawn mowers or weed eaters."

IF YOU GET LIGHTER FLUID ON YOUR SKIN... MOVE AWAY FROM THE GRILL AND WASH YOUR HANDS AND
ARMS TO ENSURE WHEN YOU DO LIGHT THE FLAME... IT DOESN'T CATCH YOUR ARMS ON FIRE. INVEST IN A
FIRE EXTINGUISHER AND AVOID DRINKING ALCOHOL WHILE GRILLING.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M MATT SHEEHAN.))>