



One Stop Shop News



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Have a Wonderful, Safe and Healthy Summer

Summer is here. When it gets hot, it's important to stay safe. One Stop urges you cook and store food safely, stay hydrated and cool and to stay safe when you go swimming.

Food borne illness is dangerous. It can range from nausea to a life threatening condition. Avoiding it is easy, if you follow these steps:

- Wash your hands before and after handling food and before you eat.
- *Do not* put cooked foods on the same plate with raw foods.
- Preheat the coals for at least 20-30 minutes, or until they are gray.
- Use a thermometer to ensure food reaches the proper temperature.
- *Never* place ready-to-eat foods next to raw food.
- *Do not* let ready-to-eat food sit for more than 2 hours at room temperature and more than an hour in temperature 90° F or above.
- Any food sitting outside sitting outside should be stored in a cooler with lots of ice.

If you aren't careful, the heat can claim your life. Hundreds of people die from heat-related illnesses each year. During these summer months, you can avoid getting ill during work or play, as long as you:

- Drink plenty of water.
- Wear clothes that are light-weight, light-colored and loose-fitting.
- Refrain from strenuous activities during the warmer parts of the day.

Sunburns increase the potential for skin cancer. If your summer plans include staying at the beach, enjoying the outdoors or your backyard, take precautions to avoid sunburn:

- Stay in the shade as much as possible, especially between 10 am and 4 pm when UV rays are their strongest.
- Wear a wide-brimmed hat to avoid burning your face, head, ears and neck.
- Wear sunglasses that block close to 100% of UVA and UVB rays.
- Wear sunscreen with an SPF rating of 15 or higher with both UVA and UVB protection.

Swimming is a fun way to keep cool and stay active. Before you jump in, be sure you and your loved ones are safe:

- *Never* leave children unsupervised while swimming. They can drown in seconds and in silence.
- *Never* swim alone, always make sure you have a partner.
- Don't use air-filled swimming aids in place of life jackets.

One Stop Home Repair hopes you have a safe and wonderful summer. Feel free to call us after you get back from your vacation.



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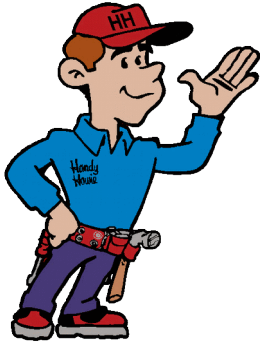
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www.onestophomerepair.com

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Have a Safe and Happy Independence Day!



Photo of the Month



Ask Handy Howie

How to Ensure a Safe Independence Day While Playing With Fireworks

1. In case of accidental fire, have a fire extinguisher, water bucket and hose ready.
2. Always keep fireworks, matches and lighters away from children.
3. Do not dispose of hot decorations or fireworks, wait for them to cool.
4. Set off fireworks at a safe distance from decorations and in a section that is roped off from children.
5. Ensure you aren't lighting fireworks near dry grass, trees, streamers, or anything flammable.

Website News

New features unfortunately on hold.
Sorry for any inconvenience.



Visit our new website! Scan
this QR Code with your smart
phone or tablet.



Heat Pumps Now Available



Photo: Daikin

New photos are added
often to Facebook. "Like"
our page to see what our
crew is doing. We could
be working on something
you didn't know we offer.