

What's Up, Edison?

June 8-12, 2020

What's up Hornets, Knights, Jaguars and Challengers? It is Week Twelve and the the MSNs are here and we cannot believe it is the end of the year! Come on, it's okay if you want to shed a tear, or more likely it will be a great big cheer!

We all want to have fun in the sun and we don't want summer to turn into a bummer, so we won't be too hasty when we talk to you this week about Summer Safety.

Wearing sunscreen and shades will protect you from the sun's rays and should be done even on cloudy days. Pools, lakes, and oceans can keep us cool from the summer sun but you need to make sure following all the rules gets done. Mosquitos and ticks, and bees, oh my! We are sure the summertime will fly right by!

Stay Safe and Healthy,
Your Middle School Nurses,
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Summer Safety Tips for Kids

- Stay Hydrated
- Find Shade
- Proper Clothing
- Sun Protection
- Plant Safety/Thorns
- Bug Spray
- Stranger Safety
- Road Safety
- Helmets
- Eating in time
- Temperature Fluctuations
- Water Safety



How to Be Safe When You're in the Sun?

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things!

But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

Read this to learn more

<https://kidshealth.org/en/kids/summer-safety.html?WT.ac=ctg#catout>



Click on Snoopy and listen to Katrina and the Waves-Walking on Sunshine.

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Click the pictures above and below.



Don't Sweat It — It's Only Sweat!

Your body works best when its temperature is about 98.6°F (37°C). When your body gets hotter than that, your brain doesn't like it — it wants your body to stay cool and comfortable.

<https://kidshealth.org/en/kids/sweat.html?WT.ac=k-ra#catseashore>

Staying Safe When Having Summertime Fun

DRINK WATER [Dehydration](#)

Drink 4-8 ounces of water or sports drinks every 15 to 20 minutes while working/playing in hot and humid conditions. <https://kidshealth.org/en/kids/water.html?WT.ac=k-ra#catfirst-aid>

Taking frequent rest/water breaks in areas that are shaded or air conditioned. <https://www.childrens.com/health-wellness/hydration-tip-for-your-childrens-health-infographics>

On hot and humid days, spray yourself down with some water from a spray bottle or place a cool cloth across the back of your neck.

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Why do we get sunburn?



Click the pictures above and below.



Practice Summer Sun Safety

We all need some sun exposure, but too much can be harmful and the result is sunburn.

<https://kidshealth.org/en/parents/sun-safety.html?WT.ac=p-ra#catseashore>

First Aid for Sunburn:

<https://kidshealth.org/en/parents/sunburn-sheet.html?WT.ac=p-ra#catfirst-aid>

Sunscreen is just one of the ways to guard against the sun's damaging rays.

The sun's rays can reflect off of the sand and water or other reflective surfaces. Hats and sunglasses can also play an important role in preventing UV damage.

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Heat rash

- Skin irritation with red rash caused by heavy sweating
- Typically occurs where sweat collects on the neck, groin, armpits, chest, and inside elbows and knees
- Most common in babies and children

Wear light absorbant fabric; replace damp clothing.

Click the Pictures

Heat cramps

- Earliest sign of heat illness
- Painful muscle spasms
- Typically occurs on the abdomen, back, and arms
- Heavy sweating

Hydration is the best combatant for any heat illness.



Got That Hot Feeling? Heat Illness Prevent heat cramps

Staying safe when you are in the heat

- Drink plenty of water before, during, and after being in the heat.
- Use salty snacks such as nuts or energy bars when exercising in the heat (as long as you don't have allergies).
- Take breaks from the heat to cool down and stop sweating.
- Refrain from drinking caffeine, and sugary beverages before, during and after being in the heat.

How do you treat heat cramps?

- Get out of the heat and cool down.
- Rest in a well-ventilated or air-conditioned area.
- Drink water and an electrolyte beverage.
- Consume water frequently over the next few hours.

HEAT EXHAUSTION

Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.

Heat Exhaustion: is unusual exhaustion that results from being in the heat too long and when your body temperature is too high it can result in severe exhaustion

Prevent heat exhaustion

- Stay cool. Take breaks from being in the heat and humidity for long periods of time.
- Stay hydrated. Drink plenty of water before, during and after being in the heat.
- Stay aware. Know how your body is responding to the heat.

Be prepared for the heat

- If you must be in the heat, plan to take breaks in shaded or air-conditioned areas.
- Bring an adequate amount of water.
- Know the symptoms and signs of when your body needs to cool down and know what to do if you begin to feel too hot or unusually tired.
- Children, elderly, and the obese are the most susceptible to heat exhaustion.



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https://www.insureinfoblog.com/wp-content/uploads/2019/07/Heat_Related_Illness.jpg



Click
on the
two
faces.

Heat stroke

- Most severe form of heat illness
- Skin is red, hot, and lacking sweat
- Rapid and weak pulse
- Extreme confusion or irritability
- May result in shock, loss of consciousness, brain damage, or death



Heat stroke is the most serious heat-related illness.

How do you treat heat stroke?

- While awaiting professional care, have the person rest in a cool environment with their legs slightly elevated.
- Remove or loosen the person's excess clothing.
- Have them drink an electrolyte beverage such as Gatorade, **if conscious**.
- Heat stroke treatment focuses on safely lowering an individual's core body temperature.

Prevent heat stroke

- Stay cool. Take breaks from being in the heat and humidity for long periods of time.
- Stay hydrated. Drink plenty of water before, during and after being in the heat.
- Stay aware. Know how your body is responding to the heat.
- Know and understand the earliest forms of heat illness, such as heat cramps, heat rash, and heat exhaustion.

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Water Safety

Hanging out at the pool or the beach on a hot day is a great way to beat the heat. But before you dive in, learn about water safety. Read the article.

<https://kidshealth.org/en/teens/water-safety.html?WT.ac=ctg#catsafebasics>

What Is Swimmer's Ear?

<https://kidshealth.org/en/teens/swimmers-ear.html?WT.ac=t-ra#catsafebasics>

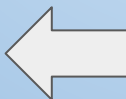
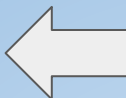
What is Dry and Secondary Drowning?

In **dry drowning**, the water ingested causes irritation and spasm of the vocal cords, which blocks off the airways.

In **secondary drowning**, the water ingested gets into the lungs, causing fluid in the lungs.

So, dry and secondary drowning are technically different, but the end result is the same.

What's really important is that they **both occur once the victim is out of the water**. In both, the water taken in earlier, during the drowning, causes difficulty breathing later.



After watching BrainPOP video. Take the quiz.

<https://www.brainpop.com/health/personalhealth/watersafety/quiz/>

Then, click the other two pictures.



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Bike Safety

Bike riding is a great way to get exercise and enjoy the outdoors. But before you start pedaling, be sure you're up to date on how to do it safely. Read the article.

<https://kidshealth.org/en/kids/bike-safety.html?WT.ac=ctg#catout>

After watching BrainPOP video on the left. Take the quiz.

<https://www.brainpop.com/technology/transportation/bicyclesafety/quiz/>

Mosquitos and Ticks and Bees, Oh My!

<https://kidshealth.org/en/teens/bug-bites.html?WT.ac=en-t-summer-center-g#catout>

Bug bites and stings are annoying but basically harmless. Occasionally, an insect bite or sting can cause serious problems. So you should know when a simple ice pack can bring some relief and when a visit to the local hospital is in order.

Mosquito bites may not cause immediate problems, but will become red, swollen and itchy later. Mosquitoes are generally found by water and are attracted to bright colors and scents.



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Ticks and Lyme Disease



Watch this video about ticks and Lyme Disease. Then take the BrainPop Quiz.

[Lyme Disease](#)


Click the pics to learn about ticks!



Wanna avoid me?
Yeah you do.
Here are some tips.

- Avoid tall grass. Stick to trails & paths.
- Treat clothes and gear with .05% permethrin.
- Use insect repellent.
- Check yourself, your pets & your gear for ticks.
- Shower & put clothes in dryer on high heat for 15 minutes.

cdc.gov/ticks



MONONGALIA COUNTY
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Click on all 3 bees and watch the videos.



Bee Stings

Bee stings can cause immediate swelling, redness and pain.

To sting, a bee jabs a barbed stinger into the skin. You may notice a stinger or indentation in the middle of the swelling.

Bee sting venom contains proteins that affect skin cells and the immune system, causing pain and swelling around the sting area.

In people with a bee sting allergy, bee venom can trigger a more-serious immune system reaction.

Never grab it or use tweezers – this will only inject more venom from the attached venom sac by squeezing its contents into the skin.

- Pull the stinger out with your fingers, or scrape it away with a credit card or other firm, flat item. It doesn't matter which method you use — just act fast.
- Gently wash the area with soap and water.
- Apply an ice pack or cold, wet washcloth to the bee sting for a few minutes .
- Elevate the area if you can. If itchy, a parent or guardian can apply anti-itch cream if needed.

<https://kidshealth.org/en/kids/bee.html#catout>

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What Is Poison Ivy?

Leaves of three, let them be! You've probably heard that little rhyme about poison ivy. But did you know that the plants poison ivy, poison oak, and poison sumac all contain the same rash-causing substance? It's called **urushiol**, a colorless, odorless oil (called resin) found in their leaves.

<https://kidshealth.org/en/teens/poison-ivy.html?WT.ac=en-t-summe-r-center-i#catou>

Enjoy Fireworks Safely

More than 10,000 people are treated in emergency departments in the U.S. each year due to injury from fireworks, and of these, nearly a third are children under 15. Read this article from Kids Health.

<https://kidshealth.org/en/kids/fireworks.html?WT.ac=ctg#catou>



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How did we get here? Where did the time go? These are unprecedented times and one day we will look back and tell future generations about this time in our lives. We just need to continue to be patient, for this too shall pass and we will all be back together again. In the meantime, stay safe and healthy. Practice your social distancing, wear your masks and wash your hands. We have worked so hard and sacrificed so much to get to this point, so stay strong! Enjoy your summer. We hope to see you in September and greet you with a smile (even if you may not see it behind our masks!)



Click the donut and enjoy listening to Rise Up by Andra Day



Click on the sun and listen to these words of wisdom. Everybody's Free To Wear Sunscreen - Baz Luhrmann