

Wellness Splash



Your resource for healthy information

Summer Safety & Prevention Month

Summer is the time of year that most Americans spend outdoors. It is also the time of year, where different safety hazards are more pronounced. These hazards include, sunburn, heat illness, insect bites, and poison ivy.

Sunburn

Signs And Symptoms

- ♦ Red, swollen, & often blistered skin
- ♦ Fever
- ♦ Nausea, vomiting and delirium w/severe burns
- ♦ Peeling of skin after recovery

Prevention Of Sunburn

- ♦ Avoid exposure to sun between 12 and 3pm & use sun block w/ a sun protection factor (SPF) greater than 15; ***baby oil and cocoa butter do not filter out UV light!***

- ♦ Wear proper clothing; bright colors or white will reflect sun onto your face increasing risk of burns

Seek Medical Treatment If You Have:

- ♦ A temperature that is greater than 101°F
- ♦ Vomiting or diarrhea
- ♦ Pain & fever lasting longer than 48 hours
- ♦ Delirium



Heat Stroke

Factors Leading To Heat Stroke

- ⇒ High temperature and humidity
- ⇒ Direct sun or heat
- ⇒ Limited air movement
- ⇒ Physical exertion
- ⇒ Poor physical condition
- ⇒ Some medicines

Symptoms Of Heat Stroke

- ⇒ Headaches, dizziness, or fainting
- ⇒ Weakness and moist skin
- ⇒ Mood changes and/or confusion
- ⇒ Upset stomach or vomiting

Preventing Heat Stroke

- ⇒ Know signs/symptoms of heat related illnesses
- ⇒ Block direct sun & heat sources
- ⇒ Use cooling fans/air-conditioning
- ⇒ Rest regularly
- ⇒ Drink lots of water; about 1C every 15 min., & avoid alcohol & caffeinated drinks

Resources

aapcc.org
Safekids.org
Fda.org
800-222-1222

How to Prevent Getting Poison Ivy or Poison Oak

1. Learn to identify the plants (americanprofile.com)
2. Wear fully-enclosed clothing & footwear when walking in infested areas
3. Watch out for poison ivy oil carried back on pets
4. Control poison ivy by spraying your living area w/ herbicide (i.e. Roundup or Ortho brands).
5. Wash exposed skin immediately w/soap & water
6. Apply a barrier cream (i.e. over-the-counter Ivy Block), if you know you have a good chance of exposure to poisonous plants

Prevent Insect Bites and Stings

- Use insect repellant when appropriate
- Wear light-colored long-sleeved pants & shirts, tucking pants into boots
- Avoid floral patterns or bright colors
- Avoid wearing perfume/scented products
- Stay away from flowering plants
- Leave insects or spiders alone
- Don't swat or make quick movements
- Avoid eating sweet foods