

# Safety Sentinel

July 2014

## Fond du Lac County Safety Committee Mission Statement

*It is the Fond du Lac County Safety Committee's mission to provide safety awareness, education, and advocacy to all Fond du Lac County employees, while recognizing it is both the employer and employee's responsibility to maintain a safe work environment.*

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### Heat Awareness

Heat can kill. That's why Wisconsin Emergency Management and the National Weather Service are reminding people of the dangers associated with extreme heat and to promote community safety and health.

In 2012, Wisconsin had confirmed 24 heat related deaths, most occurred during five days of Excessive Heat Warnings from July 2-6. The heat index rose to 105 F degrees for 48 hours with night time lows of 75°F. It was the second hottest and third longest heat wave in Wisconsin. None of the victims had air conditioning and did not seek shelter at one of the many cooling centers which opened around the state.

In 2011, excessive heat claimed five lives and injured more than 100 people in Wisconsin during the July 17-21 heat wave. Once again none of those victims had air conditioning. The combination of the warm temperatures and high humidity caused the heat index to rise between 100°F and 117°F degrees.

In 1995, two major killer heat waves affected most of Wisconsin resulting in 154 heat related deaths and over 300 heat-related illnesses.

Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes, severe storms and floods combined. Heat is the number one weather-related killer in the United States.

Tips to keep safe in hot weather:

1. **Never leave children, disabled persons, or pets in a parked car – even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car even with the windows cracked slightly can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes. There have been cases where the inside temperature rose 40 degrees! Additional information at: <http://www.nws.noaa.gov/os/heat/index.shtml>.
2. **Keep your living space cool.** If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner

you should consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body.

3. **Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark when temperatures are cooler.
4. **Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
5. **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
6. **Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
7. **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.



People at higher risk of a heat-related illness include:

- Older adults
- Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight persons
- Those who work outdoors or in hot settings
- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems
- People who are socially isolated and don't know when or how to cool off – or when to call for help

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## Avoiding & Treating Sunburn

As a child in Pratt, Kansas, Linda Talbott got frequent, blistering sunburns while playing outside all day. Then in her college years, it was cool to be tanned. "Everyone wanted a tan, and I thought tanned skin looked beautiful," Talbott says. "But it's not beautiful when you're 65 and you've had melanoma."



In 1997, Talbott noticed a dark spot under her left eye. "I thought it was mascara, but it grew to the size of a raisin and started to bleed" after about six weeks. Her doctor said it was melanoma, a serious form of skin cancer. Another lesion on her cheek, previously misdiagnosed as an age spot, also turned out to be malignant. She needed immediate surgery on her face to remove the cancerous tissue and save her life.

Everyone is at risk for skin cancer, but especially people with light skin color, light hair or eye color, a family history of skin cancer, chronic sun exposure, a history of sunburns early in life, or freckles, according to the American Cancer Society. Rays from artificial sources of light, such as tanning booths also increase the risk of skin cancer.

### What You Can Do

Remember to limit sun exposure, wear protective clothing, and use sunscreen. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher. Sunscreen is formulated to protect the skin against the sun's ultraviolet light (UV), not to help the skin tan.

Some medications can increase sensitivity to the sun. Examples are tetracycline antibiotics, sulfonamides such as Bactrim, non-steroidal anti-inflammatory drugs such as ibuprofen, and some fluoroquinolones. Cosmetics that contain alpha hydroxy acids (AHAs) may also increase sun sensitivity and the possibility of sunburn. Examples are glycolic acid and lactic acid. It is important to protect your skin from the sun while using AHA-containing products and for a week after discontinuing their use.

According to the American Academy of Dermatology (AAD), along with regularly using sunscreen, it's smart to wear wide-brimmed hats and seek shade. Sunscreens alone may not always protect you. And don't forget sunglasses, which protect the sensitive skin around the eyes and may reduce the long-term risk of developing cataracts. People who wear UV-absorbing contact lenses still should wear UV-absorbing sunglasses since contact lenses don't completely cover the eye.

If you do get a sunburn, don't put ice or butter on it, says Bruce Bonanno, M.D., an emergency physician at Bayshore Community Hospital in Holmdel, N.J. "Use a cold compress, and if you don't have that, a pack of frozen vegetables." OTC pain relievers may also be helpful. Mild and moderate cases may be helped by topical corticosteroids such as hydrocortisone. Severe cases may require oral steroids such as prednisone.

Be on the lookout for moles that change color or size, moles that bleed, or moles that have an irregular, spreading edge--all potential signs of skin cancer.

By Vincent Iannelli, M.D., About.com Guide

## Lawn Mower Safety Tips

Accidents can be avoided when these safety tips are followed:

1. Do not let any child under age 12 operate a lawn mower; a child should be at least 16 to operate a ride-on mower, according to the American Academy of Pediatrics. Children should never be allowed to ride as passengers on a ride-on mower.
2. Wear sturdy shoes while mowing--avoid sandals or open-toed shoes. Don't wear loose clothing that could be caught up in the mower's blades.
3. Carefully pick up any debris from the lawn before mowing--toys, stones, sticks, and other items can be turned into deadly projectiles when they contact a mower's blades.
4. Always wear eye protection and ear protection.
5. Purchase equipment with safety features, like lawn mowers that stop moving when the handle is released.
6. Don't pull the mower backwards or mow in reverse--if you must do so, make sure you look behind you.
7. Never operate or refuel a mower inside a garage--always do this outdoors. Make sure the motor is turned off and is cooled before refueling.

Many lawn mower injuries involve the hands, fingers, or wrist. Whenever you clean or touch the motor or blades, ensure that the engine is off and the mower blades have come to a complete stop.



## Bites from Mosquitoes & Ticks



Rob Baxley, 32, of Savage, Md., never saw the tick, but thinks he came into contact with one when he helped his brother build a deck in June 2003. "Soon after that, I noticed a little red spot on my thigh," Baxley says. "But then it grew." He estimates the rash was about the size of a grapefruit when he went to the emergency room in mid-July.

About 80 percent of people who get Lyme disease develop a large rash that looks like a bull's-eye. Baxley experienced other classic Lyme disease symptoms, such as muscle aches and stiff joints. His doctor also found a similar rash on Baxley's calf.

After a blood test confirmed Lyme disease, Baxley took the oral antibiotic doxycycline, followed by intravenous treatment with a second antibiotic called Rocephin (ceftriaxone). In addition to the physical symptoms, he is also experiencing depression for the first time. "The whole thing is frustrating," says Baxley. "It's taken a toll on the whole family."

Ticks are usually harmless. The biggest disease threat from tick bites is Lyme disease, which is caused by the bacterium *Borrelia burgdorferi*. The bacteria are transmitted to humans by the black-legged deer tick, which is about the size of a pinhead and usually lives on deer. According to the Centers for Disease Control and Prevention (CDC), there were over 28,000 confirmed cases of Lyme disease reported nationwide in 2008.

Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes and usually produces mild symptoms in healthy people. But the illness can be serious for older people and those with compromised immune systems. In 2008, there were over 1300 cases of West Nile virus in humans reported to the CDC. Less than 1 percent of people infected with West Nile virus develop severe illness. The symptoms are flu-like, and can include fever, headache, body aches, and skin rash.

### What You Can Do

There are no vaccines on the market for West Nile virus or Lyme disease. If you're spending time in tall grass or woody areas, use insect repellent with DEET to ward off mosquitoes and ticks. But insect repellent should not be used on babies, and repellent used on children should contain no more than 10 percent DEET.

Check yourself and your children for ticks before bedtime. If you find a tick, remove it with tweezers, drop it in a plastic bag and throw it away. You don't have to save the tick to show it to doctors. People who want to get a tick tested for diseases or other information could check with

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## Grill Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

### Safety tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

### Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

### Propane grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

Source: National Fire Protection Association [www.nfpa.org](http://www.nfpa.org)



## Fireworks Safety

Fireworks are a summer tradition for many families. Unfortunately, injuries from fireworks are another tradition that often seems to follow when kids are allowed to play with fireworks.



The Consumer Product Safety Commission (CPSC) reports that:

- there were 2 fireworks-related deaths in 2009, which was down from the 7 in 2008 and 11 in 2007
- about 8,600 people were treated in emergency rooms for injuries associated with fireworks in 2010
- most injuries from fireworks occur in the few weeks around July 4th, including about 6,300 injuries last year in the 30 days surrounding July 4, which sent about 1,800 people to emergency rooms
- almost half of the injuries were to children under age 15
- firecrackers caused the most injuries, followed by bottle rockets and sparklers
- burns are the most common injuries from fireworks

In addition to the direct safety hazard that fireworks can have, in 2009, fireworks caused about 18,000 fires, including 1,300 structure fires, that resulted in 30 injuries and \$38 million in damages.

### Are Sparklers Safe?

Parents who understand that firecrackers, bottle rockets, and roman candles, etc. can cause injuries, often let their younger kids play with sparklers because they think they are safe.

Sparklers, which can reach about 2000°F, cause half of the injuries to children under age five though, and 10 percent of fireworks-related injuries overall.

So, even sparklers should be avoided.

### Fireworks Injuries

Many parents feel that playing fireworks is a rite of passage for kids, that they will supervise their children, and they can play with fireworks safely. If you review some of these real life reports of injuries from the CPSC, you will see how, like other accidents, injuries from fireworks can't always be avoided unless you simply avoid playing with fireworks:

- A 5-month-old male was struck in the forehead by an aerial shell that was launched sideways.
- The brother of an 11-year-old male victim lit a fountain firework that ignited other fountain fireworks. One

went into the victim's tennis shoe resulting in burns to his foot.

- A 12-year-old male victim struck in the eye by a rocket that had been launched by one of his friends, resulting in eye surgery.
- A 4-year-old female was hit in the face by an aerial shell that tipped over and traveled horizontally instead of going into the air, seriously burning her face.
- A 4-year-old male victim's father was lighting multiple aerial shell type devices. When one tipped over, it broke into pieces and then exploded. One piece hit the victim on his thigh, resulting in first degree burns.
- A 14-year-old male victim was holding a bottle rocket in each hand. When he lit the rocket in his right hand, the other rocket also ignited, giving him third degree burns on his hand.
- An 8-year-old male picked up a ground popper that had been thrown on the ground. It then exploded, lodging particles in his eye.
- A 12-year-old male found a fountain type fireworks in the woods. He lit it and it exploded, immediately causing first degree burns to his face.
- A 5-year-old male was injured while watching fireworks launched by his neighbor. Some debris from the fireworks got in his eye.
- When people were lighting fountain type fireworks, a spark flew about 25 yards into another box of fireworks. The box exploded, showering sparks on the 5-year-old male victim and causing burns to his arm and chest.
- When somebody threw a ground popper on a sawdust-covered floor, the explosion threw up some sawdust which got into the 7-year-old female victim's eye.
- A 6-year-old male victim was trying to break open a firecracker. The device exploded when he hit it with a rock, resulting in burns to both arms.
- A 12-year-old male victim and a friend unwrapped an aerial shell type firework. They emptied the powder on the ground. Then they lit the powder, which flashed and burned the victim's face.
- An 11-year-old victim and his friends put drain cleaner in a plastic bottle, then put a small firecracker on top of the bottle. The victim then lit the firecracker, which exploded, burning his fingers.

### Fireworks Safety Tips

Although the CPSC offers some fireworks safety tips to "help consumers use fireworks more safely," such as providing adult supervision, keeping a bucket of water nearby, and observing local laws, etc., the American Academy of Pediatrics offers much better advice, that: children and their families should be counseled to attend public fireworks displays rather than purchase fireworks for home use.

So this year, skip buying fireworks that you would plan to use at home, and the biggest risk for injuries from

fireworks, and instead, take your family to see a public fireworks show.

By Vincent Iannelli, M.D., About.com Guide (Updated July 2011)

Sources: American Academy of Pediatrics Policy Statement. Fireworks-Related Injuries to Children. PEDIATRICS Vol. 108 No. 1 July 2001, pp. 190-191.

## Take Steps to Stay Safe around Water

Swimming is the most popular summer activity. The best thing you can do to help your family stay safe is to enroll in age-appropriate [swim lessons](#). Contact the Training Support Center at 1-800-RED-CROSS or [support@redcrosstraining.org](mailto:support@redcrosstraining.org).

Follow these safety tips whenever you are in, on or around water.

### Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- [Never leave a young child unattended near water](#) and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved [life jackets](#) around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around [natural bodies of water](#) including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

## Prevent Unsupervised Access to the Water

- Install and use barriers around your [home pool or hot tub](#). Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

## Maintain Constant Supervision

- Actively supervise kids whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.

## Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in Red Cross [home pool safety](#), water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

Source: <http://www.redcross.org/prepare/disaster/water-safety>



## Safe Boating Tips

No matter how much experience you have, it's always a good idea for everyone to review boating safety rules before departures. Below you will find 10 basic boating safety tips to help you stay safe:

1. **Be Weather-Wise** - Always check local weather conditions before departure; TV and radio forecasts can be a good source of information. If you notice darkening clouds, volatile and rough changing winds or sudden drops in temperature, play it safe by getting off the water.
  2. **Follow a Pre-Departure Checklist** - Proper boating safety includes being prepared for any possibility on the water. Following a [pre-departure checklist](#) is the best way to make sure no boating safety rules or precautions have been overlooked or forgotten.
  3. **Use Common Sense** - One of the most important parts of boating safety is to use your common sense. This means operating at a safe speed at all times (especially in crowded areas), staying alert at all times and steering clear of large vessels and watercraft that can be restricted in their ability to stop or turn. Also, be respectful of buoys and other navigational aids, all of which have been placed there to ensure your own safety.
  4. **Designate an Assistant Skipper** - Make sure more than one person on board is familiar with all aspects of your boat's handling, operations, and general boating safety. If the primary navigator is injured or incapacitated in any way, it's important to make sure someone else can follow the proper boating safety rules to get everyone else back to shore.
  5. **Develop a Float Plan** - Whether you choose to inform a family member or staff at your local marina, always be sure to let someone else know your float plan. This should include where you're going and how long you're going to be gone.
6. **Make Proper Use of Lifejackets** - Did you know that the majority of drowning victims are the result of boaters not wearing their [lifejackets](#)? Make sure that your family and friends aren't part of this statistic by assigning and fitting each member of your onboard team with a life jacket prior to departure.
  7. **Avoid Alcohol** - Practice boating safety at all times by saving the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved and studies have shown that the effects of alcohol are exacerbated by sun and wind.
  8. **Learn to Swim** - If you're going to be in and around the water, proper boating safety includes knowing how to swim. Local organizations, such as the American Red Cross and others, offer training for all ages and abilities. Check to see what classes are offered in your area.
  9. **Take a Boating Course** - Beginning boaters and experienced experts alike need to be familiar with the boating safety rules of operation. Boater education requirements vary by state; however, some require validated completion of at least one [boating safety course](#). Regardless of your individual state's requirements, it's always important to be educated and prepared for every circumstance that might arise. You can learn boating safety rules by taking a local community course or [online course](#) to help educate yourself.
  10. **Consider a Free Vessel Safety Check** - Take advantage of a free vessel safety check from the [US Coast Guard](#). They offer complimentary boat examinations to verify the presence and condition of certain safety equipment required by state and federal regulations. Free of charge, they'll provide a specialist to check out your boat and make helpful boating safety tips and recommendations. They also offer virtual online safety checks as well.

A float plan can include the following information:

- name, address, and phone number of trip leader
- name and phone number of all passengers
- boat type and registration information
- trip itinerary
- types of communication and signal equipment onboard

Source: <http://www.discoverboating.com>



## Safe Boating Quiz

Do you have what it takes to be a safe boater? Test your safe boating IQ with our boater safety quiz! These simple true or false questions below are a handy review of some key safe boating rules.

### Safety Quiz

**True or False: If my boat doesn't contain any fire hazards from the motor or fuel system, then according to Federal requirements, I don't need to bring a fire extinguisher along**

**Answer:** This is true. A fire extinguisher is only required on boats where elements such as a motor or fuel system create a distinct fire hazard. However, general safe boating guidelines will always suggest that you stow a fire extinguisher on the boat just in case.

**True or False: Children younger than 13 years old should wear a Lifejacket while underway.**

**Answer:** True. This is now a legal requirement for all federal waterways and many states have also passed legislation to make this a requirement for non-federal waterways. Showing your kids the ropes for safe boating involves ensuring they're adequately protected in the event of any emergency.

**True or False: If someone falls overboard, the first thing you should do is jump in right away to assist them.**

**Answer:** False. Jumping overboard to rescue someone should only be used as a last resort. Safe boating requires that the first thing you do is to reach for the person, using either your arm or something nearby that they can grab onto. If you're more than an arm's length away, the next option is to throw them an inflatable, floatable device. If you aren't close enough to reach or throw something, the next step is to row closer until you are. Only go in after someone as a last resort, and only if you are a strong swimmer with experience in lifesaving. Otherwise, you could end up having two men overboard instead of just one.

**True or False: A dock or slip should be always approached at clutch speed.**

**Answer:** True. A safe boater always operates at a reasonable speed at all times, especially in crowded waterways or near docks and slips. Safe boating requires you to always be in control of your watercraft, taking the time to perform all maneuvers with adequate precision.

**True or False: 25% of all boating accidents involve a personal watercraft that was borrowed.**

**Answer:** False - the number is actually much higher, at over 50%. Before loaning your boat to anyone, make sure they are familiar with the all operational rules for safe handling of your boat in particular. You may even find it helpful to create a safe boating guide full of tips and instructions to keep onboard your watercraft.

**True or False: Boats that are 16 feet and over must also carry one USCG-approved throwable Lifejacket (Type IV)**

**Answer:** True. Additionally, federal safe boating requirements maintain that all watercraft must contain at least one USCG (United States Coast Guard) approved, wearable Lifejacket (Types I-III) for every person onboard, but it's good to have a few extras on hand as well.

**True or False: If a boat is overturned or swamped, abandon the boat and use your Lifejacket for flotation.**

**Answer:** False. If a boat is overturned or swamped, but not sinking, you can still use it to support your body and save energy. Removing as much of your body from the water as possible can also help prevent hypothermia.

**True or False: I have family visiting and we will be going over recommended capacity by just one person. This shouldn't be a problem for safe boating, right?**

**Answer:** False. It can be a fatal mistake to overload your boat. To ensure boater safety for everyone on board, be sure to check your boat's capacity plate to see what the maximum number of people or carrying weight in pounds is.

**True or False: It's okay if others drink when onboard, as long as there is one responsible safe boater onboard to safely handle the watercraft.**

**Answer:** False. Over half of all boating-related drowning incidents involve the use of alcohol, and many times the injured person is not the skipper or designated safe boater. Practice safe boating at all times by restricting use of alcohol to everyone on board- not just a few people.

**The S.A.F.E. Boating principles stand for: Sober Boating, Alertness, Fasten Lifejackets, and Education.**

**Answer:** True. A handy safe boating guide to keep in mind at all times, the four S.A.F.E Boating principles above help to ensure boater safety on a variety of levels. Always be sober, always be alert, always use lifejackets when required, and last but not least, be sure to take the time to invest in an educational boater safety course.

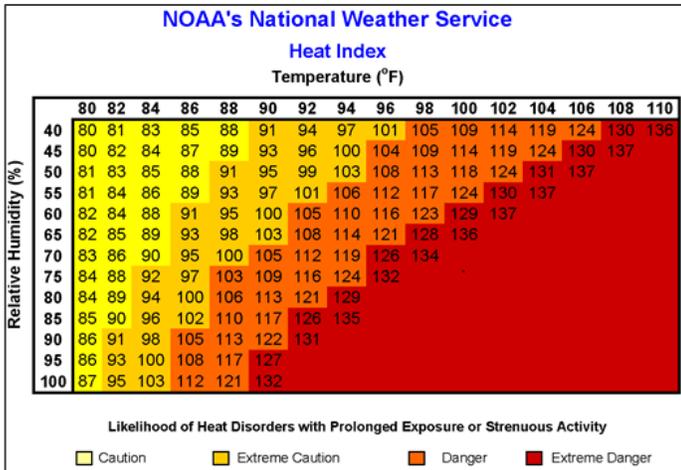
**Heat Awareness** – continued from Page 1

Signs and Symptoms of Heat Related Illness and What to Do:

- Heat Cramps - cramps or muscle spasms in the abdomen, arms or legs.  
Solution: Stop activity. cool down, drink clear juice or sports drink.
- Heat Exhaustion - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.  
Solution: Cool down, seek medical attention.
- Heat Stroke - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.  
Solution: Call 911 and cool the victim with shower or hose until help arrives.

For more information, visit <http://readywisconsin.wi.gov> and click on our Heat Awareness section.

Courtesy: Wisconsin Department of Health Services



**Mosquitoes & Ticks** – continued from Page 3

their local health departments, but not all of them offer tick testing. The CDC recommends cleansing the area of the tick bite with antiseptic. Early removal is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease.

OTC antihistamines, such as Benadryl or Claritin, can bring itch relief. Topical anti-itch cream on the affected area also may help, especially for children, says Edward Lamay, M.D., a physician in the emergency department at Durham Regional Hospital in Durham, N.C. You may also want to keep their nails short. "Some kids scratch bites, break the skin, and then get a bacterial infection," Lamay says.

By Vincent Iannelli, M.D., About.com Guide



- - - Cut on line and return inter-office mail marked "Safety Suggestion Box" or give to a Safety Committee Member - - -

**Safety Suggestion**

Date: \_\_\_\_\_

Please share any safety concern or suggestion:

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Name (optional) \_\_\_\_\_