

Blair County Risk Management

Newsletter

Issue 25

Summer 2021

Summer Safety Tips

Outsmarting Poison Ivy and Other Poisonous Plants

First comes the itching, then a red rash, and then blisters. These symptoms of poison ivy, poison oak, and poison sumac can emerge any time from a few hours to several days after exposure to the plant oil found in the sap of these poisonous plants.

The culprit: the urushiol oil. Here are some tips to avoid it.

Recognizing Poison Ivy, Poison Oak, and Poison Sumac

Poison Ivy: Can grow as a vine or small shrub trailing along the ground or climbing on low plants, trees and poles. Each leaf has three glossy leaflets, with smooth or toothed edges. Leaves are red-dish in spring, green in summer, and yellow, orange, or red in fall. May have greenish-white flowers and whitish-yellow berries.

Poison Oak: Grows as a low shrub. Fuzzy green leaves in clusters of three are lobed or deeply toothed with rounded tips. May have yellow-white berries.

Poison Sumac: Grows as a tall shrub or small tree. Each leaf has clusters of seven to 13 smooth-edged leaflets. Leaves are orange in spring, green in summer, and yellow, orange, or red in fall. May have yellow-greenish flowers and whitish-green fruits hang in loose clusters.

Poison Plant Rashes Aren't Contagious

Poison ivy and other poison plant rashes can't be spread from person to person. But it is possible to pick up the rash from plant oil that may have stuck to clothing, pets, garden tools, and other items that have come in contact with these plants. The plant oil lingers (sometimes for years) on virtually any surface until it's washed off with water or rubbing alcohol.

The rash will occur only where the plant oil has touched the skin, so a person with poison ivy can't spread it on the body by scratching. It may seem like the rash is spreading if it appears over time instead of all at once. But this is either because the plant oil is absorbed at different rates on different parts of the body or because of repeated exposure to contaminated objects or plant oil trapped under the fingernails. Even if blisters break, the fluid in the blisters is not plant oil and cannot further spread the rash.



Tips for Prevention

Learn what poison ivy, oak, and sumac plants look like so you can avoid them .

Wash your garden tools and gloves regularly. If you think you may be working around poison ivy, wear long sleeves, long pants tucked into boots, and impermeable gloves.

Wash your pet if it may have brushed up against poison ivy, oak, or sumac. Use pet shampoo and water while wearing rubber gloves, such as dishwashing gloves. Most pets are not sensitive to poison ivy, but the oil can stick to their fur and cause a reaction in someone who pets them.

Wash your skin in soap and cool water as soon as possible if you come in contact with a poisonous plant. The sooner you cleanse the skin, the greater the chance that you can remove the plant oil or help prevent further spread.

Tips for Treatment

Don't scratch the blisters. Bacteria from under your fingernails can get into them and cause an infection. The rash, blisters, and itch normally disappear in several weeks without any treatment.

You can relieve the itch by:

Using wet compresses or soaking in cool water.

Applying over-the-counter (OTC) topical corticosteroid preparations or taking prescription oral corticosteroids.

Applying topical OTC skin protectants, such as zinc acetate, zinc carbonate, zinc oxide, and calamine dry the oozing and weeping of poison ivy, poison oak, and poison sumac. Protectants such as baking soda or colloidal oatmeal relieve minor irritation and itching. Aluminum acetate is an astringent that relieves rash.

See a doctor if:

You have a temperature over 100 degrees Fahrenheit.

There is pus, soft yellow scabs, or tenderness on the rash.

The itching gets worse or keeps you awake at night.

The rash spreads to your eyes, mouth, genital area, or covers more than one-fourth of your skin area.

The rash is not improving within a few weeks.

The rash is widespread and severe.

You have difficulty breathing.

tda.gov

More Summer Safety Tips

SAFEGUARD FROM THE SUN



You're exposed to **UV RADIATION** even on **CLOUDY DAYS**

Stay in the **SHADE** whenever you can



WEAR



Sunglasses



Protective clothing



Hat



SPF 30+ sunscreen

UV exposure is highest between

10AM AND **4PM**



STAY HYDRATED, TAKE BREAKS and REST IN THE SHADE to prevent heat stress and stroke



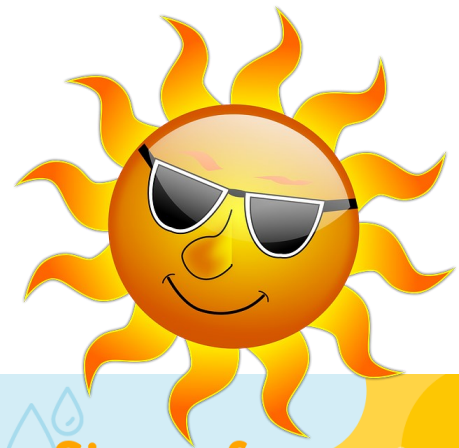
MANY MEDICATIONS INCREASE SENSITIVITY TO SUNLIGHT AND THE RISK OF SUNBURN

These include thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics and nonsteroidal anti-inflammatory drugs, such as ibuprofen

UV radiation reflects off **WATER, CONCRETE, SAND, SNOW** and **LIGHT-COLORED SURFACES** and can harm your eyes and skin

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Signs of Dehydration

Bad Breath
A dry mouth can cause odor-causing bacteria.

Dry Mouth
When you're dehydrated, your body produces less saliva.

Cracked Skin
Fluid loss can show on your skin.

Sweat
A major cause of dehydration, especially in the summer.

Urine
If you're mildly dehydrated, urine will be dark yellow.

Whether you're working out, out for a stroll or soaking up some rays in the garden, don't let dehydration derail your summer fun and put your health at risk. Know the signs, seek treatment when necessary and take steps to keep fluids in check.

3 Tips for Healthy Hydration

1. CHOOSE WATER FIRST
2. EAT HYDRATING FOODS
3. AVOID CAFFEINE, SUGARY DRINKS AND ALCOHOL

indigo URGENT CARE
MultiCare

[indigourgentcare.com](https://www.indigourgentcare.com)

SUN SAFETY, the Functional Medicine Way



Cover up! Clothes are the original sunscreen.



Avoid mid-day sun: plan outdoor time for morning/evening.



Whether it's a tree or an umbrella, find (or make) shade.



Don't forget sunglasses! Eyes can burn, too.



From waterproof to sensitive skin-friendly, choosing the right sunscreen will help you avoid sunburn.

FUNCTIONAL MEDICINE
COACHING ACADEMY, INC.



5 HIKING SAFETY TIPS

NOBODY SETS OUT ON A HIKE EXPECTING TO GET LOST OR INJURED.
PLANNING AHEAD CAN SAVE YOUR LIFE.
BEING PREPARED CAN HELP YOU AVOID PROBLEMS IN THE WILDERNESS
AND HELP YOU THROUGH ISSUES THAT MAY ARISE.

TELL SOMEONE WHERE YOU ARE GOING AND WHEN YOU EXPECT TO BE BACK



Create a plan for your trip.

Include the destination, the route, when you are starting, and when you expect to return.



Talk to someone about your plans.

Make sure the person is responsible and trustworthy, such as a family member or good friend, and that they will call authorities if you do not return by the specified time.



Be as detailed as possible.

Don't just say "I am going for a hike in Golden Ears". Tell them which trail and be specific. The wilderness is big.

WEAR PROPER FOOTWEAR AND CLOTHING



Invest in a good pair of hiking shoes. You may be hiking on rough terrain, requiring good grip, good support, and a sturdy shoe that holds up while in the wilderness.

Running shoes are meant for running on pavement and will not hold up on long hikes with rough terrain. They may also lead to injuries, such as twisted ankles or worse.

Wear proper clothing based on the weather conditions and trail conditions.

Weather conditions can change quickly. Rain, wind, or changes in temperature can have an adverse effect if you do not have the proper clothing.

Always pack extra to be prepared.

BRING A FLASHLIGHT

Lack of light is the most common reason for overdue hiker calls.

Although the sun may set at a certain time, darkness can occur earlier on a trail if the sun drops behind a mountain or the trail is covered with thick forest.

Remember to always pack the "10 Essentials."

Quick Tip

Take a headlamp instead and keep your hands free.



DO NOT EXPECT CELL PHONE RECEPTION

Did You Know?

Some trails that are less than 2km from houses in Metro Vancouver have no cell phone service.



Do not rely solely on technology such as your GPS or phone, as nothing replaces basic map skills.

Bring a printed map and compass and know how to use both.

Consider taking a course to practice your navigation skills.

PACK EXTRA WATER AND FOOD



Bring more water than you think you'll need.

Your body requires hydration as it exerts itself. If you are certain there is a water source on your hike, you can bring a filter or tablets as a backup.

Bring food based on the length of your hike.

Your body will be burning plenty of calories on your hike. Extra protein bars are good for energy and lightweight to pack.

Ask yourself: What do I need to survive the night?

PLEASE DO NOT FEED THE
PARK ANIMALS
THEY BECOME DEPENDANT
AND WILL SOON WANT
CELL PHONES



They're not **PETS!**

FOR YOUR **SAFETY**

- Wild animals who are fed human food may become aggressive i.e. bite, scratch or threaten humans.
- Feeding one type of animal may inadvertently attract other, not so desirable types.
- Wildlife may come into conflict with your pets.
- Wild animals may carry diseases that are harmful to people.

AND THEIR **HEALTH**

- Wild animals need nature's diet to be healthy.
- Human food is "junk food" for wildlife. Well-meant food offerings can cause disease, injury, and even death to animals.
- Wildlife may become dependent on human offerings.
- Animals you feed today may be end up as tomorrow's "pests"!



Don't harm wildlife with your kindness... help them remain healthy, safe, and free.



Tick Tips

from the Merck Manual

Ticks can carry many diseases. The most common in the United States are Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, and tick paralysis.

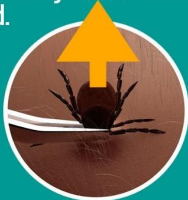
Reduce the chances of picking up or being bitten by a tick.

Stay on paths and trails when in wooded areas. Wear long-sleeved shirts, long pants and tuck them into boots or socks. Wear light-colored clothing so it is easier to see ticks. Apply an insect repellent to skin and clothing.



Tick removal should be done as soon as possible.

To remove a tick, people should use fine-pointed tweezers to grasp the tick by the head or mouthparts right where they enter the skin and should gradually pull the tick straight off. The tick's body should not be grasped or squeezed.



Consult your doctor if...

1. Lyme disease is prevalent in the area.
2. The tick appears to have been attached for an extended period.
3. If swelling and discoloration are present after removal.



MERCK MANUAL

Help Keep our Wildlife Wild!

For more information, please contact your nearest Forestry Services District Office.
www.gov.nl.ca/faa

Newfoundland
Labrador
Forestry and Agriculture Agency

TIPS FOR TICK SAFETY

HOW TO REMOVE TICK



SANITIZE BITE AREA AND TWEEZERS



GRAB TICK CLOSE TO HEAD



PULL UP SLOWLY AND CAREFULLY



SANITIZE BITE AREA AGAIN

WHEN TO CALL A DOCTOR



FEVER



HEADACHE



RASH



YOU AREN'T ABLE TO REMOVE TICK

SUMMER IS HERE!

HERE'S SOME FUN THINGS TO DO IN YOUR COMMUNITY!

BLUE KNOB STATE PARK POOL

HOURS: 11AM-7PM

OPEN 7 DAYS PER WEEK!

Memorial Day - Labor Day

*The pool is
0 ft. - 5ft.*



HOSPITALITY SPRING FARM

HOURS:

8AM-8PM M, T, TH, F

8AM-5PM W, SAT

2406 Younts Road

Bedford PA 15522

Farm Store

Kitchen Garden

1862 Farmhouse and Children's Garden

Woodland Garden

Milk house

1862 Barn

Chicken Coops

Pastures

Conservation Hedgerows

Nut Grove

Pole Barn

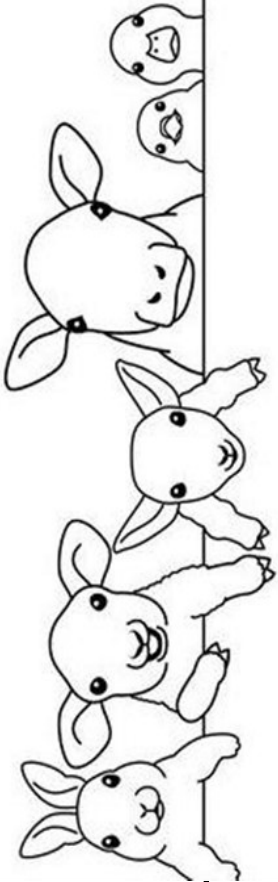
Orchard

Upper Garden

Garden Pond & Wildflower Meadow

Middle Garden & Greenhouse

Rose & Rainbow Gardens



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Summer Recipes



Perfect Summer Fruit Salad

Ingredients

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup packed brown sugar
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries

Directions :

Step 1 Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.

Step 2 Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.



GRILLING FACTS

- July is the peak month for grill fires
- Roughly half of all injuries involving grills are thermal burns



- Only use propane and charcoal grills outdoors.
- Place your grill away from your home, deck railings and hanging branches.
- Children and pets should stay a minimum of three feet away from the grilling area.
- Remove any grease and fat that has built up on the grill or the trays below.
- Never leave the grill unattended.
- Open your gas grill lid before lighting it.

The Best Homemade Burger Seasoning

Ingredients:

- 2 tablespoons paprika
- 2 tablespoons smoked paprika
- 4 tablespoons ground black pepper
- 2 teaspoons salt
- 1/2 tablespoon brown sugar
- 1/2 tablespoon garlic powder
- 1/2 tablespoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper



Instructions

Combine all ingredients and add about 1-1/2 teaspoons of seasoning to a pound of ground beef. Prepare your burgers as you normally would. This recipe works for hamburgers on a grill, and this recipe works well for burgers you cook on an iron skillet.

Your dry mix will keep in an airtight container for up to three months. And, you will use it all up! Guaranteed!