

MUNGER CONST.

JUNE SAFETY NEWSLETTER

SUMMER SAFETY TIPS

It's the time of year when we break out the BBQs, sunscreen, and swim trunks. Summer is a time for fun in the sun, but it's important to make sure it's also safe and healthy for you and your family.

POISON IVY

"Leaves of three, let them be" This year an estimated 25-40 million people will feel the infamous itch of poison ivy.

If your skin is exposed,

- Wash your skin as soon as possible with cold water.
- Use oral/topical antihistamines (ex: Benadryl or calamine lotion).
- Your rash will only spread if the oil from the plant remains on your skin. Once the oil has been removed from your skin, it is no longer possible to spread to others.



Poison ivy



Poison oak



Poison sumac

SUMMER ALLERGIES

Warm weather and high humidity can put a strain on seasonal allergy/asthma sufferers.

- Be aware of prime allergy time - between 5am and 10am.
- Look in your yard for weeds such as nettle or ragweed. Oak, birch, cedar, and cotton trees also trigger allergies.
- Carry allergy meds with you in your bag/car/etc. Bring an extra supply just in case.



FOOD & BBQ

Foodborne illnesses tend to increase during the summer time as bacteria can multiply faster when it's warm.

- Don't leave food at room temp for more than 2 hours (or 1 hr if it's above 90°F).
- Separate plates and utensils with raw meat.
- Thaw foods in the refrigerator, cold water, or the microwave. Thawing food on a counter can expose it to bacteria.

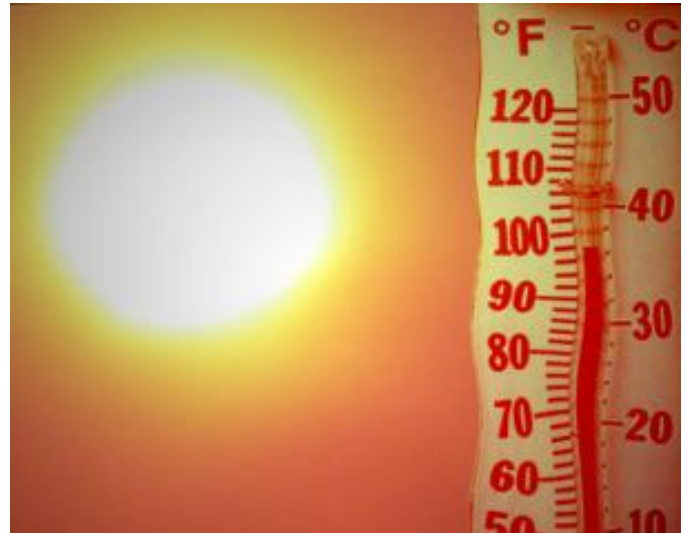


HEAT ILLNESS PREVENTION

The common denominator of heat illness prevention is: Water, Rest, Shade.

Heat stroke presents itself in:

- Body temp above 103 degrees.
- Skin that is flushed, dry, and hot to the touch.
- Rapid breathing and increased heart rate.
- Headache, dizziness, confusion.
- Convulsions or unresponsiveness.



BUGS

Ticks and mosquitos are some of summer's most obnoxious pests and they have the potential to carry deadly disease or cause life threatening allergies.

- Tick populations are looking to be unusually high this season. Blacklegged deer ticks (like in the picture) can carry Lyme disease.
- Mosquitoes can transmit West Nile virus, malaria, yellow fever, and more.
- Try utilizing insect repellent to help keep ticks and mosquitoes away.

