



Greenbush Health

Summer 2005

<http://www.greenbushhealth.org>



First Aid Manual

Aspirin

Acetaminophen or Ibuprofen

Insect Repellent

Sunscreen

Ointments for Insect bites &

Adhesive Bandages in

Adhesive Tape and gauze Pads

Antihistamine or Allergy

Anti-Diarrhea Medicine

Cough-Medicine/throat Loz-

Tweezers

Antiseptic Soap

The New Food Pyramid

On April 19, 2005, a new food pyramid was unveiled. Officials hope that the revamped pyramid in addition to a new emphasis on exercise and moderate eating will help make a dent in America's obesity epidemic that affects more than one-third of adults and nearly one-fifth of teens.

The new pyramid is based on the US Department of Agriculture dietary recommendations that were released in January of 2005.

The site will help individuals plan his or her diet based on age, sex, and level of daily physical activity.

The Basics:

Grains

* Eat at least 3 ounces of whole-grain bread, cereal, crackers, rice, or pasta everyday.

* Look for "whole" before the grain name on the list of ingredients.

Vegetables

* Eat more dark green vegetables.

* Eat more orange vegetables.

* Eat more dry beans and peas.

Fruits

* Eat a variety of fruit.

* Choose fresh, frozen, canned, or dried fruit.

* Go easy on fruit juices.

Oils

* Get most of your fat from fish, nuts, and vegetable oils.

* Limit solid fats like butter, stick margarine, shortening, and lard.



Milk

* Go low fat or fat free.

* If you don't or can't drink milk, choose lactose-free products or other calcium sources.

Meat & Beans

* Choose low-fat or lean meats and poultry.

* Bake it, broil it, or grill it.

* Vary your choices-with more fish, beans, peas, nuts, and seeds.

Fireworks Safety

According to Prevent Blindness America, the only safe way to enjoy fireworks is to see a professional display.

If you do use fireworks, keep them away from children and protect your eyes with safety glasses or

goggles. Never put fireworks in glass bottles or containers, tin cans, or clay pots. These objects can shatter and cause serious injury. For more information of fireworks safety, visit www.preventblindness.org



At the Beach or Pool

- Whenever children are in the water, make sure an adult is within arms' length at all times. Children who cannot swim should also wear safety flotation devices.
- Always test unfamiliar waters by going "feet first." Safe diving depth is nine feet or greater.
- Apply sunscreen as soon as you're outside and always reapply after you've been in the water.
- Never swim alone in a lake or the ocean.



Fun in the Sun...

Skin cancer is the most common cancer in the United

- States. According to the American Cancer Society, more than a million nonmelanoma skin cancer cases and about 59,600 new melanomas will be diagnosed in the US this year.
- Skin cancer is caused by UV radiation from the sun. The greater the exposure, the higher the risk. Most skin cancers could be prevented by using protection from the sun's rays.
- People with fair skin that tends to burn or freckle, red or fair hair or pale eyes are at highest risk. Young skin is delicate and easily damaged by the sun. Most of a person's lifetime sun exposure is received as children and teenagers. Many skin cancers result from sun damage acquired during our early years.

The American Academy of Dermatology offers these tips for skin protection from the sun:

- Plan outdoor activities that avoid the sun's strongest rays.
- Avoid the sun between 10:00 am and 4:00 pm.
- Wear protective covering such as wide-brimmed hats, long pants, and long-sleeved shirts to reduce sun exposure.
- Wear sunglasses that provide 100% UV-ray protection.
- When outdoors, always wear a broad-spectrum sunscreen with sun protection factor (SPF) 15 or greater, which will block UVA and UVB rays.
- Apply sunscreen 30 minutes before sun exposure.

Bug Bites Tick You Off?



The thought of summer conjures swimming pools, snowcones, baseball, and BUGS. Some of the most common first-aid challenges of summer come from the insect world. The best way to deal with bug bites is to avoid getting them.

Mosquitoes

If you can, avoid going outside at dusk and dawn, which are peak hours for insects such as mosquitoes. However, if you must venture outside, then avoid scented soaps, perfumes, sprays, and other toiletries because those sweet smells draw bugs to your skin. Instead, use insect repellent. The best repellents include DEET. For babies younger than 6 months old use repellents that include 10% DEET or less.

Bees

If you are stung by a bee, wasp, or yellow jacket, watch for an allergic reaction. Symptoms include hives, itching or rash away from the bite area; swollen lips or eyelids; swelling of the throat; labored or noisy breathing; and decreased consciousness. If this happens, get medical help right away. If the reaction is not severe, remove the stinger if it is still in your skin. Scrape the bite site or flick it with a credit card to pop out the stinger instead of using tweezers. If you squeeze the stinger you will put more venom in the wound. After the stinger is out, wash the wound with soap and water and then use a cold compress or ice to reduce swelling and relieve pain.

Ticks

Use tweezers to grab the tick around the mouth parts and pull gently so the tick will release its hold on you. Check yourself often for ticks. By removing the tick within 24 hours you significantly reduce the risk of Lyme Disease or Rocky Mountain spotted fever. Do not burn a tick off with a cigarette or cover it with Vaseline. This only irritates the tick which makes it put more germ-carrying saliva into you.

