



Department of
Developmental Disabilities

Office of MUI/Registry Unit

John R. Kasich, Governor
John L. Martin, Director

Health & Safety Alert #02-06-12

**Keeping Safe in the Summer
Part I**



**SUMMER SUN MEANS FUN
BUT**



FOOD POISONING

Those great picnics in the sun can be the cause of a trip to the hospital because of food that is eaten. Be sure to refrigerate all food; don't let any of it sit in the sun! **Use the two-hour rule – Discard food that has been left out of a refrigerator or well-chilled ice chest longer than two hours.** Your Mother was right – wash your hands! Be sure food is served on clean plates and use clean utensils. Cover your food; insects can spread diseases. **Remember: "When in doubt, throw it out!"**



CREEPY CRAWLERS & FLYING CRITTERS

Bees, wasps & hornets can cause medical emergencies if they sting – **know whether anyone is allergic and be prepared ~ know the protocol that must be followed!** For everyone else, it is important to remove the stinger promptly. Use a flat edge, such as a credit card, to scrape it from the place it is imbedded. Wash and apply ice. **Deer ticks** are tiny insects that live in low brush and can spread Lyme disease. Be sure to use insect repellent with DEET in it (the higher the amount, the more protection) when out and about. If a tick becomes attached – get medical help immediately! Usually, a Lyme disease carrying tick has to be attached for at least 24 hours to spread the disease.



WEST NILE VIRUS

West Nile Virus (WNV) was first diagnosed in 1999 in New York City and has since spread across the country more quickly than expected. It is primarily a disease of birds. It grows inside an infected bird and is spread to other birds, animals, and people through mosquito bites. Be sure to use insect repellent with DEET in it, when out and about. Spray not only exposed areas, but clothing also. Wearing long sleeved clothing and pants help protect the person. **Hint: If the mosquitoes are chasing you, use insect spray and wear light clothing – mosquitoes prefer dark colors.**



WATER SAFETY RULES

- Assess each individual's capabilities and needs for different water areas, such as pools, rivers, or the ocean.
- Assess staff's capabilities in responding to water safety needs.
- Someone should always be designated as a "life guard" to keep watch for any problems.
- Do not chew gum or eat while swimming as you could easily choke.
- Use caution when swimming after a large meal.
- Make sure the person you are supporting is using an approved life jacket or other flotation device if needed.
- **Watch out for the "Dangerous TOO's" ~ TOO tired, TOO cold, TOO far from safety, TOO much sun, TOO much strenuous activity.**



SUMMER CAMPS

Proper planning is important when individuals are attending camp. The following steps may assist with ensuring an enjoyable experience:

- Be familiar with the camp and possible dangers for the individual(s) attending.
- Know who will be supervising the individual and what experience they have. Be sure you are comfortable with what will be occurring.
- Communicate face-to-face with the camp director on any dietary requirement, supervision requirements, medical needs, or behavior issues. Provide a written copy of the information needed (e.g. ISP, Behavior Plan, etc.).
- Be sure lotion for sunburn and bug bites is provided or available. Be aware of any medications that increase a person's sensitivity to the sun and communicate this to the camp staff.
- If there is a pond, lake, or pool discuss the individual's abilities in the water with the camp director and any special needs that exist. Provide a written copy of those needs.
- Be aware of the camp activities and how they match with the individual's physical or health needs.



BAREFOOT/SANDALS

- Be mindful of potential injuries when going barefoot or wearing sandals



OUTDOOR GRILLS

Outdoor grills can result in burns if proper safety requirements and supervision are not provided and followed.

- Be sure lid is open before lighting a gas grill.
- Don't squeeze extra fire starter on coals when they are already burning.
- Check grills for proper working order.
- Supervise individuals closely when grilling.

For questions or comments regarding the above Alert, please contact the MUI/Registry Unit at (614) 995-3810.

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Health & Safety Alert #2-06-12

**Keeping Safe in the Summer
Part II**



**TOO MUCH SUN CAN CAUSE SUNBURN,
DEHYDRATION, AND SUN/HEAT STROKE.
ALL ARE PREVENTABLE WITH A LITTLE CARE!**

WHAT IS A SUNBURN?

A sunburn is a painful skin condition, which occurs as a result of over exposure to the ultraviolet rays of the sun.

THE RISK OF SUNBURN IS HIGHER FOR:

- ❖ Persons with fair skin, blue eyes, and red or blonde hair;
- ❖ Persons taking some types of medications (check with the Doctor);
- ❖ Persons exposed to a lot of outdoors sunlight; and
- ❖ Persons whose skin is already compromised



PREVENTION:

- ❖ Avoid the sun between 10 AM and 4 PM
- ❖ Protect the skin using sun block with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply sun block 15 – 30 minutes before going in the sun and every 1 to 1 ½ hours thereafter
- ❖ Use a lip balm with sunscreen in it
- ❖ Wear muted colors such as tan

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- ❖ Wear a hat (the looser the better) especially if hair is thin on top!
- ❖ Wear sunglasses that absorb at least 90% UV rays (check the label on sunglasses)
- ❖ Clouds and particulate matter in the air scatter sunlight. You can receive a "surprise sunburn" even on a cloudy day!
- ❖ Come in out of the sun when you first start to notice that your skin is getting pink

WHAT IS DEHYDRATION?

Dehydration is the loss of body fluids and electrolytes due to profuse sweating and inadequate intake of water. Alcohol consumption aggravates dehydration.

SIGNS OF DEHYDRATION INCLUDE:

- ❖ Heat exhaustion
- ❖ Headaches
- ❖ Nausea and/or vomiting
- ❖ Fainting
- ❖ Blurred vision
- ❖ Confusion
- ❖ Urine output decreases & becomes concentrated and appears dark
- ❖ Sunken eyes
- ❖ Wrinkled or saggy skin – elasticity decreases
- ❖ Extreme dryness in the mouth
- ❖ Fever or temperature over 102 degrees
- ❖ Severe pain or blistering of skin



IF DEHYDRATION IS SUSPECTED, REHYDRATION IS THE KEY TO PREVENTING FURTHER COMPLICATIONS. REMEMBER TO DRINK LOTS OF FLUIDS!

WHAT IS SUN STROKE OR HEAT STROKE?

Sun/heat stroke is a serious life-threatening condition. It is the consequence of a series of events:

It begins with dehydration. (Also usually a lack of sweating)

- ❖ As the core body temperature rises, heat exhaustion becomes more serious.

- ❖ **If not rectified quickly, heat stroke is the final shutdown of the body's organs from lack of these vital fluids and nutrients, and can lead to delirium, coma, and death!**



**IF SUN/HEAT STROKE IS SUSPECTED,
GET EMERGENCY MEDICAL ATTENTION
IMMEDIATELY!**



Risk factors for heat related illnesses

- ❖ Elderly, chronically ill or incapacitating illness, very young
 - Chronic medical conditions include cardiac (heart) disease, hypertension (high blood pressure), obesity, diabetes, kidney and lung disease
- ❖ Poor physical conditioning
- ❖ High environmental temperature and humidity
- ❖ Poor ventilation or cooling in buildings
- ❖ Poor fluid intake
- ❖ Alcohol use (increases fluid loss)
- ❖ Medications that inhibit perspiration or increase fluid loss, including:
 - Those used to treat movement disorders (antiparkinsonian drugs, including Cogentin)
 - Those used to treat allergies (antihistamines such as Benadryl [diphenhydramine])
 - Diuretics (water pills) such as Lasix (furosimide), bumetanide, hydrochlorothiazide
 - Those used to treat psychiatric conditions including, but not limited to:
 - Clozaril (clozapine)
 - Compazine (prochlorperazine)
 - Elavil, Limbitrol, Triavil (amitriptyline)
 - Haldol (haloperidol)
 - Loxitane (loxapine)
 - Phenergan (promethazine)
 - Seroquel (quetiapine)
 - Wellbutrin (bupropion)
 - Zyprexa (olanzapine)

"KEEP COOL THIS SUMMER"

Help avoid heat related illnesses

- ❖ Maintain hydration with cool water and sports drinks; provide extra fluids at meal times
- ❖ Drink at least 8 glasses of water a day, more in hot weather
- ❖ Avoid caffeinated beverages and alcohol (both increase fluid loss)
- ❖ When outdoors, seek open, shaded areas, avoid crowds
- ❖ Use fans and air conditioning indoors
- ❖ Open windows at night when air is cooler outside to allow cross ventilation if no air conditioning
- ❖ During heat of the day, keep blinds drawn and windows shut, and move to cooler rooms
- ❖ If no air conditioning at home, go to a shopping mall or public library
- ❖ Take frequent breaks when outside in hot sun or from physical activity
- ❖ Wear light-colored loose-fitting clothing (dark colors absorb heat, loose clothing helps the body to cool); wear a hat and sun glasses
- ❖ Eat regular light meals to ensure you have adequate salt and fluids
- ❖ Take a cool shower or bath
- ❖ Be aware of individuals with risk factors for heat related illness; observe them at regular intervals.

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