

Health & Safety

HEALTH & SAFETY NEWSLETTER

Vol. 4, Issue 2, August 2017

This issue will spotlight "Summer Safety Tips..."

Reduce your Chances of Being Stung!



Honey Bees are gentle insects, primarily focused on searching for nectar. They may approach people when exploring floral scented shampoos and soaps, bright/dark/patterned clothing that resembles flowers (a reason bee keepers wear white) or sugary beverages. They may land on people to investigate a smell or get water if you are sweating. Make yourself less attractive to honey bees: wear light colored clothing, use unscented products; wear shoes (to keep from stepping on them as they forage on low-growing flowers) and wear a hat to keep them out of your hair. They will only sting if threatened, as stinging causes them to die. Stay calm, don't swat (bees sense sudden movement by a change in air pressure) and walk away slowly. Swarming bees are interested in their queen and rarely sting. Africanized bees live in Southwestern states.

Bumble Bees are usually not aggressive but can sting repeatedly without injuring themselves.



Yellow Jackets are the carnivorous insects interested in your picnic or BBQ meat, or they may be drawn to your trashcan. Unlike "solitary wasps," which rarely sting, yellow jackets are "social wasps" (like their larger relative the hornet), with an aggressive "mob" mentality. When an individual stings (and they can do so repeatedly), pheromones are released which signal the colony that they're under attack. If stung, cover your nose and mouth and try to leave the vicinity immediately to avoid a swarm. To discourage yellow jackets, keep food tightly covered outdoors, remove thick yard vegetation and reseed bare lawn patches which attract nests. In late summer, members of the wasp family are more aggressive when food supplies are lower and they are hungry and cranky. Despite their bad reputation, wasps help control world-wide pest insect populations by either eating them or using them as a host for parasitic larvae. Some agricultural industries use wasps to protect crops. Call professionals to remove nests near your home.



First Aid: If stung, remove the stinger immediately by backing it out with a fingernail, tweezers or credit card. Wash area with soap & water and apply a cold compress. If stung in the arm or leg, elevate it. Apply calamine lotion, hydrocortisone cream, or a paste of unflavored meat tenderizer to reduce itching or swelling. An over-the-counter pain reliever such as ibuprofen may reduce pain, which usually disappears within 2 hours. Swelling may sometimes be delayed until the next day, persisting for up to a week if severe. Scratching the sting area can worsen the itch and swelling, and lead to infection.



Bug Repellents & Kids

The American Academy of Pediatrics included recommendations for "Bug Safety" in their 2017 summer Safety Tips at: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/summer-safety-tips.aspx>

Insect repellents offer protection from mosquitoes, which can carry West Nile, Zika virus, Chikungunya virus and ticks, which can transmit Lyme disease.

2 month rule - Don't use DEET on children less than 2 months of age.

Read labels - DEET products vary from 10-30% DEET. Effectiveness is the same, but duration varies; 10% lasts for 2 hours, 30% for 5 hours. Select the lowest concentration required for time needed.

Repellent + Clothing - For maximum protection, combine topical bug repellents with insect resistant clothing: Dress children in hats, long sleeved shirts, pants and shoes & socks.

"Natural" Alternatives - Available in the U.S. since 2005, picaridin is a synthetic compound which resembles the active component of pepper (piperine.) It repels, but doesn't kill insects, ticks and chiggers. A concentration of 20% is most effective. Consumer Reports reviewed the effectiveness of picaridin, lemon eucalyptus oil, and other botanicals, article updated in June 2017:

<https://www.consumerreports.org/insect-repellent/do-natural-insect-repellents-work/>

Don't Forget Removal - Wash repellents off children when they return inside.



QUOTE OF THE MONTH:

While on a ladder, never step back to admire your work."

-Author Unknown

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Mark Your Calendars for H& Events

8/16, 9/23 (8-10 AM or 1-3 PM), 9/30 (8-10 AM or 1-3 PM), American Heart Association's ACLS Heartcode Training (BLS for Healthcare Providers) at Harborview Medical Center (206)744-5027 or hmcct@uw.edu

Know Dehydration Warning Signs



Mild-moderate Dehydration:

1. Increased thirst 2. Dry mouth 3. Feeling tired or sleepy 4. Decreased urine output 5. Urine is low volume and more yellowish than normal 6. Dry skin 7. Dizziness 8. Headache 9. Fatigue 10. Muscle weakness 11. Nausea 12. Few or no tears

Severe Dehydration may Include:

1. Severely decreased urine output (deep yellow or amber color) or no urine at all. 2. Dizziness or lightheadedness obstructing normal ability to walk 3. Blood pressure drops when the person tries to stand after lying down 4. Rapid heart rate 5. Fever 6. Poor skin elasticity (pinched skin is slow to go back to normal position) 7. Lethargy, confusion, or coma 8. Seizure 9. Shock 10. Muscle weakness

Call Primary Care Doctor: 1. Increased or constant vomiting for more than a day 2. Fever over 101F (38.3 C), but less than 103 F (39.4) 3. Diarrhea for more than 2 days 4. Decreased urine production 5. Weakness

Go to the Emergency Room if these symptoms appear: 1. Fever higher than 103F (39.4 C) 2. Confusion 3. Lethargy 4. Headache 5. Seizures 6. Difficulty breathing 7. Chest or abdominal pain 8. Fainting 9. No urine in the last 12 hours



Got Air Quality Issues? Call Facilities

REMINDER! If you smell a strong odor such as sulfur or other substance, please contact Facilities at (206)543-3010 instead of calling Dental Maintenance. In addition to managing issues with water, heat, elevators and lights, Facilities also handles gas leaks and ventilation.

After you have called them, please complete an OARS report for any event affecting an employee. This documentation for the incident prompts follow-up by Environmental Health & Safety, which can help to identify underlying causes and safety trends. Note: Filing an OARS report does not get the employee or co-worker "in trouble."



Mosquitoes by the Numbers

- 0 Number of male mosquitoes that bite (females bite; males mainly feed on fruit and plant nectar)
- 1-1.5 Miles per hour flight speed of a mosquito; much slower than honey bees, butterflies or locusts
- 5-6 Average monthly life span of an adult mosquito. Relatively speaking, a long life for a bug!
- 5-14 Days in each egg, larva and pupa stage of development; development can stall and restart if the water they are in freezes.
- 50 Degree temperature (or below) which triggers mosquito inactivity or winter hibernation
- 75 Number of feet from which a mosquito can detect the carbon dioxide of the human breath
- 79 Million-year-old Canadian amber containing a mosquito ancestor with similar modern anatomy
- 100 Miles from where the salt march mosquito was hatched that it may travel in search of food
- 200 Number of cigar-shaped eggs (100-200) which make up a floating egg "raft" in water
- 600 300-600 beats per second of a mosquito's wing which creates that distinctive "whining" sound
- 3,500 Number of species of mosquitos around the world identified, to date

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