

JULY 2018

SETA WELLNESS AND SAFETY AWARENESS MONTHLY BLAST
SUMMER SAFETY MONTH



Fun Summer time activities in Sacramento:

- Have some fun at the California State Fair July 13, 2018 – July 29, 2018
- Monkey around at the Sacramento Zoo and visit William Land Park across the street from the Zoo
- Take in a River Cats game, check local listings for game dates
- California State Rail Road Museum
- Sacramento History Museum
- Crocker Art Museum
- Sutter's Fort
- The California State Indian Museum
- The State Capital
- Alive after five cruises
- American River Park
- Folsom Lake

For more information on fun activities in and around Sacramento go to www.tripadvisor.com

Four Ways to stay Hydrated This Summer

1. **Always carry a water bottle, and if you have a desk job, always keep one at your desk.** If you have a water bottle at arm's length you are more likely to mindlessly sip from it throughout the day without having to make a conscious effort.
2. **When you're feeling frazzled or hazy, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O; it's a simple, healthy way to snap out of a midday slump.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.
4. **Eat a diet rich in whole foods.** By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

www.stayhealthy.com

TEN SAFETY TIPS FOR THIS 4TH JULY

1. Be sure fireworks are legal in your area before using or buying them.
2. Always have an adult supervise fireworks activities and never allow children to play with or ignite fireworks. Sparklers alone account for one quarter of emergency room fireworks injuries.
3. If you set off fireworks, keep a bucket of water handy in case of malfunction or fire.
4. If fireworks malfunction, don't relight them! Douse and soak them with water then throw them away.
5. Never ignite fireworks in a container, especially one that is glass or metal.
6. Use your grill well away from your home and deck railings, and out from under branches or overhangs.
7. Open your gas grill before lighting.
8. Periodically remove grease or fat buildup in trays below your gas or propane grill so it cannot be ignited.
9. Declare a three-foot "kid and pet-free zone" around the grill and keep them safe.
10. Avoid loose clothing that can catch fire when cooking on the grill.

For more information go to: www.fema.gov

It's time for some fun in the sun!! Tips to Stay healthy and Safe this Summer!!



- **Sun Protection:** Stay out of the sun between the hours of 10:00 a.m. & 3:00 p.m. due to the sun being the strongest during these times which can cause harmful UV rays. Apply sun screen at least 30 minutes before going outside and use (SPF 15 or higher). Reapply every two hours.
- **Keep Cool:** Heat exhaustion is a concern in the summer months! Symptoms for heat exhaustion include, extreme thirst, leg cramping, headaches and dizziness.
To help with these symptoms: spray with cold water, get them to drink cold liquids, fan them, get them into the shade, if you suspect a heat stroke (Call 911)!
- **Drowning:** Sadly, drowning is one of the leading causes of accidental death in children!
Help decrease this number by: always supervising children in the water within arm's length and use a floating devices like a life jacket and make sure they fit properly so they don't slip out of the devise, take a CPR class.
- **Burns:** about half of all burns happen to children under the age of four years old.
To help avoid burns: keep children away from hot appliances like stoves, gills and sparklers.
First degree burns: put burn under cool running water for about 5 to 10 minutes. There is no need for topical creams or ointments and do not apply ice as it may cause frost bite.
Second degree burns: Second degree burns blister and need medical attention!
- **Poisonous Plants:** If any of these poisonous plants come in contact with your skin, wash immediately (within 10 minutes). If you don't catch it in time, then a rash will occur within 12 hours. Use a topical cream like Hydrocortisone and oral Antihistamine to calm the itch. Follow up with your doctor.
Poison Ivy: grows as a vine or shrub in the grass or on trees. Look for the pointed notched leaves per stem.
Poison Oak: Grows only as a shrub usually in the western states. Looks like poison Ivy but the tips of the leaves are rounded.
Poison Sumac: is a tall shrub or small tree found in wooded areas in the Western States. There are 6 to 12 leaves and grow in a pear with a single leaf topping the stems.
- **Bee Stings:** Bees are attracted to fragrances and floral-pattern clothing so doesn't wear floral colored clothing or perfumes.
Treating bee stings: bring away the stinger with the edge of a credit card, next apply ice cold compresses, then a topical Hydrocortisone cream and give an Antihistamine to reduce the swelling. For sever reactions, take the person to the ER or if more immediate attention is needed, call 911!

Stay
Cool! 😊