

Month's Topic: Summer Safety

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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June: Summer Safety Month

Summer is a fun time of the year where you can get out and play, but beautiful, warm weather also comes with risks. Three main risks that come with summer fun are sunburns, poison ivy, and mosquitoes. These three hazards are a big part of summer, and can hinder outdoor activities.

Another great part of summer is traveling, whether it is going around the country seeing new sites, visiting family, or trekking across the globe to places you've always dreamt about visiting. However, taking your medications with you can be a hassle. In this June newsletter edition, we give you a few tips that can make traveling with medications easier and less stressful.

Keeping safe while enjoying the outdoors:

- When you are sweating too much, it is time to come out of the sun
- If your lips turn blue and start shivering while swimming, it is time to get out of the pool until warmed back up
- Travel with a first aid kit that is readily available
- If a child complains of lightheadedness, have them sit out in a cool place either in the shade or inside
- Make sure you and your family are hydrated with plenty of water
- Never leave children unsupervised around any body of water



What should be included in a first-aid kit?

These kits should be kept in cars, and easily accessible.

- Compression dressing
- Band-Aids
- Antibiotic ointment
- Aseptic wipes
- A pack of aspirin
- Breathing Barrier
- Instant Cold Compress
- Non-latex gloves
- Hydrocortisone cream
- Scissors
- Sterile gauze
- Oral thermometer
- Triangular bandages
- Tweezers

Where can these be found?

- Retail stores
- Pharmacies
- Online
- Red Cross Stores



Staying Safe in the Sun



What are the effects of sun exposure?

- Sun protection is simply protecting the body from the negative effects of the sunlight. Long-term sun exposure can lead to sunburns, skin cancer, and changes in the skin, like wrinkling. Ultraviolet (UV) ray exposure from the sun is a risk factor for many types of skin cancers. In fact, protecting yourself from UV radiation is not only important in the summer, but all year around.



How can sunburn be prevented?

- Limiting time to 1-2 hours in the sun, specifically between the hours of 10 am- 3 pm
- Wearing appropriate attire when in the sun
 - Broad-brimmed hat
 - UV blocking sunglasses
 - Shirt with sleeves that cover the arms
 - Long skirt or pants that cover the legs
- Seek shade when UV rays are most intense (Remember that shade structures, such as trees, umbrellas or canopies do not offer complete sun protection)
- Use appropriate sunscreen
- Avoid sunlamps and tanning beds



How should sunscreen be applied?

- Choose sunscreen with sun protection factor (SPF) of at least 30 or higher
- Apply one ounce (size of a shot glass) of sunscreen to cover the arm, legs, neck, and face
- Apply sunscreen 15-30 minutes prior to sun exposure
- Reapply sunscreen every 2 hours
- Reapply more often after swimming or sweating
- Discontinue if rash or blister occur
- For children under 6 month ask doctor



Poison Ivy Prevention and Treatment

As the weather warms up, plants start blooming including poison ivy. Whether you're hiking in the woods or doing yard work around the house, it is important to protect yourself from coming in contact with poison ivy, poison oak, or poison sumac. You can break out with a rash after any type of exposure, varying in time when the rash can come up.

➤ Prevention

- Wear long pants, long sleeves, boots, and gloves when working in areas known to have poison ivy
- Wash all clothes and objects with suspected contact as soon as possible with soap and water
- *Ivy Block* may be used to provide protection against poison ivy
 - This must be applied to affected area 15 minutes prior to exposure



➤ Treatment

- The rash should clear up with or without treatment in 1 to 3 weeks
- Over the counter hydrocortisone cream can be applied to relieve itching and redness
- Apply a cool compress of an astringent such as *Burow's solution* if the area has any discharge or oozing

➤ When to contact your doctor:

- Any children younger than two years of age
- Area is located on the face or genitalia
- Area affected covers a large portion of the body
- Area seems infected
- Symptoms get worse or don't improve



Tips for Traveling with Medications:

- Both prescriptions and over the counter medications are allowed in carry-on luggage.
- Make sure to tell a TSA agent about any medications or bottles.
- Make sure all medications and bottles have prescription labeling to make passing through security easier.
- Keep medications separated and in their correctly labeled bottles.
- Place liquid or gel medications in a plastic Ziploc bag.
- Place medications near the top of suitcase, so they are easily accessible.
- When traveling with diabetic supplies keep them with you at all times.
- If traveling with insulin, keeping it wrapped and on ice will ensure the medication stays at an appropriate temperature. Alternatively, buying an insulated insulin traveling case is an option that is less bulky.



Insulin carrying case

Mosquito Prevention and Treatment



Summer is a great time of the year to get outside and play, but mosquitoes can ruin a wonderful day. The most common type of mosquito found in Alabama is the Asian Tiger Mosquito. They are usually seen between 10AM and 3 PM. In addition to being pests, they can also carry multiple diseases including malaria, dengue fever, West Nile virus, yellow fever and Zika virus. The Alabama government also sprays insecticide every year to help fight mosquitoes.

➤ Prevention

- Pour out standing water around your house or on your property
- Avoid going out between dusk and dawn
- Wearing mosquitoes repellent
- Planting basil, mint, or rosemary can be a more natural way to prevent mosquitoes



➤ Treatment for mosquito bites

- Hydrocortisone Cream
- Benadryl Cream
- Calamine Lotion



Resources

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4. "TSA Carry-on Rules for Prescription Drugs." *Travel Tips*. N.p., n.d. Web. 23 May 2016. <http://traveltips.usatoday.com/tsa-carryon-rules-prescription-drugs-61960.html>
5. "Mosquito Control." *EPA*. Environmental Protection Agency, n.d. Web. 23 May 2016. <https://www.epa.gov/mosquitocontrol>
6. "How to Carry Prescription Medication on Flights." *Travel Tips*. N.p., n.d. Web. 23 May 2016. <http://traveltips.usatoday.com/carry-prescription-medication-flights-61371.html>
7. "Mosquito Facts | All About Mosquitoes." *Mosquito Facts | All About Mosquitoes*. N.p., n.d. Web. 24 May 2016. <http://www.mosquitomagnet.com/advice/mosquito-info/mosquito-fun-facts>
8. "Mosquitoes of Alabama: What Makes Them Tick, Makes You Itch, and What You Can Do about It." *AL.com*. N.p., 15 July 2015. Web. 24 May 2016. http://www.al.com/news/index.ssf/2015/07/mosquitoes_of_alabama_60_species.html
9. "Make a First Aid Kit | Supplies & Contents | American Red Cross." *American Red Cross*. N.p., n.d. Web. 26 May 2016. <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>



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Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management