

# July's Topic: Let Freedom Ring...Safely

By: Emily Hailstone, Matthew Holt, and Brooke McGee Pharm.D. Candidates



## 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.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: [hcc@alseib.org](mailto:hcc@alseib.org)

## PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: [rx@alseib.org](mailto:rx@alseib.org)

## JULY:

Summer is a time when families go the lake, go camping, as well as spend a lot of time outdoors. Although this is a fun and exciting time, being prepared for the unexpected is important. Within this newsletter, one will find camping tips, how to stay safe on the water, fireworks safety and what to do if medications are left at home on vacation.



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## S.O.S. please someone help me:

### Fireworks safety kits can include:

- Sterile saline solutions can be used to rinse eyes and wounds to clear them of debris.
- Cling wrap can be used to keep the burns clean while traveling to the emergency room.
- Aloe Vera gel can help treat the burn for the days following the incident.
- Painkillers, such as Tylenol or Advil, can help relieve some of the pain associated with the burn.
- A wool blanket is handy to have around to smother out the flames if anyone gets caught on fire.



## When the Stars go Blue:

Whether you are going camping, sending your child away to summer camp or just spending an extended period of time outside in a wooded area, here are a few tips to make the experience more enjoyable:

- For camping trips, bring sealable plastic bags to store medication bottles in if you will be near water or need to store them in a cooler to keep them cool.
- All medications should be stored in a cool, dry, place. If a fridge is not an option, an ice chest can serve as a substitute.
- If you have a child attending a daily or overnight summer camp that is on medication, be sure to arrange their medication and schedule with a camp supervisor or nurse.
- Be aware that being in a wooded area may make you prone to tick bites. Here are some ways to avoid tick bites:
  - Cover your skin with clothing that covers your ankles, wrists, and neck
  - Wear hats to cover your head as well as closed-toed shoes to cover your feet
  - If you have pets, keep them contained and don't let them wander as well as keep them medicated
  - Use insect repellants (i.e. Deep Woods Off!, Cutter Skinsations Pump, Skin So Soft Bug Guard Plus, Repel Sportsman Formula Aerosol)
- If you get a tick, it should be removed with tweezers within 36 hours. Ticks should not be removed with lit matches or petrolatum (i.e. Vaseline) because it could damage the skin or introduce saliva from the tick which can lead to infection
- If you get a tick bite and start experiencing symptoms such as, severe headache, rash, high fever and fatigue, seek medical attention, as these could be signs of infection.

## We Went Out Last Night:

While enjoying a few drinks, you should know what alcohol can do to your body. Alcohol causes dehydration by blocking a hormone in your body that is responsible for reabsorbing water. When you drink alcohol, you excrete more water than you retain, which can lead to dehydration. Dehydration can range from mild/moderate or severe, which is an emergency.

- Signs that you may be mild/moderately dehydrated are:
  - Dry mouth, dry skin, thirsty, not using the restroom as often, dizziness, or headache.
- Signs that you may be severely dehydrated are:
  - Very dry mouth, very dry skin, extreme thirst, dizziness/lightheadedness, low blood pressure, fast heart rate, fast breathing rate, and worse, unconsciousness.
- Ways to stay hydrated:
  - While consuming alcohol, make sure to drink water in between each alcoholic beverage.
  - If mild to moderately dehydrated, you should drink water, Gatorade/PowerAde, or oral rehydration solutions (i.e. Pedialyte).
  - If severely dehydrated, you should seek medical attention right away.

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# Baby You're a Firework!

As the 4<sup>th</sup> of July draws near and we prepare to sit out under the stars and watch fireworks explode off in the air, it is important to think about safety. Whether you plan on shooting the fireworks yourself or going to the city park and watching from a distance, you should always have some tips to keep you and your family safe in the back of your mind.

The **National Council for Fireworks Safety** has several safety tips to share:

- Make sure you know all the laws in your area regarding the use of fireworks
- Be cautious when buying fireworks and make sure you read all the labels and instructions before lighting up the fuse
- Never let children play with fireworks. A responsible adult should supervise all fireworks.
- Alcohol and fireworks do not mix!
- Only light one firework at a time and quickly move away from the area after lighting the fuse.
- Light fireworks in an open area.
- Safety goggles or glasses are recommended.
- Even if you think a firework is not working, wait 20 minutes before going near and then soak it in a bucket of water.
- Keep a water hose and a bucket of water nearby.
- Dispose of fireworks by soaking them in water and placing them in a metal trash can.

\*\*\*For more tips, visit <http://www.fireworkssafety.org/>

## Don't You Forget About Me

How many times have you gone on vacation and realized you forgot your prescription medications at home? Don't worry! It happens to all of us. Luckily, there is an easy fix to this problem. If you get your prescriptions filled at a chain pharmacy like Walgreens or CVS, then you can find a local store and walk right in. Since that store already has your information on file, they can give you an emergency supply and subtract that from your refill amount the next month. If you get your prescriptions filled at a local pharmacy in your hometown, you can have the nearest pharmacy call and have them transfer your prescription for your convenience. If you plan on being out of town when your prescription runs out, you can easily have it transferred while you are away and then transfer it back to your usual pharmacy when you return home. Also, some insurance companies have a "vacation override" option that you can use once a year to get your prescription filled early. These are all simple fixes, so never let forgetting your medications at home keep you from taking your medicine as prescribed.

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### References

1. Promoting safe and responsible use of consumer fireworks. Retrieved June 23, 2016, from <http://www.fireworkssafety.org/resources/>
2. Siler, W. (2014, June 30). First-Aid: How To Treat Fireworks Related Burns And Injuries. Retrieved June 23, 2016, from <http://indefinitelywild.gizmodo.com/first-aid-how-to-treat-fireworks-related-burns-and-in-1598181074>
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5. Daniel L. Krinsky, Rosemary R. Berardi. Handbook of Non-prescription Drugs. American Pharmacists Association; 2006.



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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