

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

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

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How to Become CPR Certified

Drowning accidents and deaths increase during the summer months. To make sure you are prepared, both the American Red Cross and the American Heart Association offer classes that are available online, in-person, or as a combination of both. Each of these organizations offer classes in over 500 locations making it easier for you to find a class that is close and convenient for you. To learn more, visit <https://www.redcross.org/take-a-class/cpr> or <https://cpr.heart.org/en/course-catalog-search>.

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CPR in the time of COVID-19

The American Heart Association recommends the following to keep both those who experience cardiac arrest and the rescuer safe when performing CPR:

- To reduce exposure, limit persons in the room or on the scene to only those needed for care
- Use of [Hands-Only CPR](#) which only involves the use of chest compressions
- Use face masks or cloths to cover the mouth and nose of the rescuer and/or covering the mouth and nose of the victim to reduce the risk of transmission.

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.



Step 1



Phone 9-1-1 and get an AED.

Step 2



Cover your own mouth and nose with a face mask or cloth.



Cover the person's mouth and nose with a face mask or cloth.

Step 3



Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

Step 4



Use an AED as soon as it is available.

<https://youtu.be/M4ACyp75mjU>

Fire Safety



Set matches and lighter fluid away from grill

Never leave a grill unattended

Use tools with long handles

Keep grill away from crowded areas

Never point or throw fireworks at anyone

Keep a bucket of water nearby

Never drink alcohol while setting off fireworks

Don't hold lit fireworks

Hold sparklers away from body

Water Safety



Swim with friends and family

Don't drink and swim

Don't swim and eat or chew gum

Always swim in lighted areas

Stretch before swimming

Enter water feet first



Staying Safe in the Sun

During the summer, we spend more time outdoors and are more exposed to the effects of the sun. Here are some tips to safely enjoy your time outdoors:

- Check with your pharmacist to make sure that medication you take does not make you sunburn more easily
- Wear sunglasses with UVA/UVB rating of 100%
- Wear a wide-brim hat
- Wear protective clothing such as long sleeves and pants if you sunburn easily
- Apply broadband sunscreen to all exposed skin to prevent sunburn and premature aging
- Stay hydrated
- Take breaks and don't overexert yourself
- Use shade such as umbrellas, gazebos, and canopies during peak sun hours (10 AM to 2 PM)

Get the most out of your Sunscreen

- Apply as directed- Be careful to avoid your eyes and mouth
- Check the active ingredients- mineral-based sunscreens such as zinc oxide or titanium dioxide deflect the sun's rays and chemical-based sunscreens such as oxybenzone absorb the sun's rays. Mineral-based sunscreen is recommended for sensitive skin, but leaves a white residue on the skin.
- Use SPF 30 or higher sunscreen
- Make sure the sunscreen is broadband, meaning it covers UVA and UVB rays
- No sunscreen is waterproof or sweat proof. The water resistance claim only tells the expected time you get the labeled SPF-level of protection.
- Re-apply every **two hours** at minimum





State Wellness Center

101 S. Union Street
Montgomery, AL 36104

The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

CALL FOR AN
APPOINTMENT TODAY!
(334) 263-8470

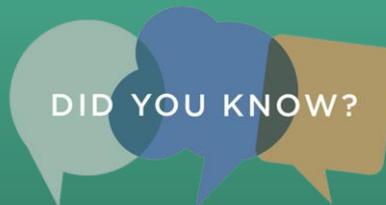
State Wellness Center Services

- 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
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

State Wellness Center

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With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pickup at our pharmacy or have it scheduled to be delivered to your State Office in Montgomery. Whether you are just starting a specialty medication or are currently taking one, we can help you!

Contact a member of our pharmacy team at 334-263-8460.

References

1. <https://cardiovascularnews.com/covid-19-american-heart-association-issue-pandemic-cpr-guidelines/>
2. <https://www.healio.com/news/cardiology/20200415/aha-updates-cpr-guidelines-to-address-patients-with-covid19>
3. <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>