SUMMER INJURIES

MONTHLY PREPAREDNESS TOPIC

**TICKS**
- Use a pair of fine-tipped tweezers to grab the tick near the head. Pull slowly and steadily outward without twisting.
- Once the tick is removed, clean the bite with a disinfectant like rubbing alcohol, an iodine scrub, or soap and water.
- Since ticks are carriers of Lyme disease, anyone with typical symptoms of Lyme disease should visit a doctor immediately. Typical symptoms of Lyme disease include: red rashes near tick bite, flu-like symptoms, fatigue, headache, neck stiffness, slight fever, swollen glands, and stiffness in joints and muscles.

**BURNS**

Minor Burns: (red skin, blisters)
- Cool the burn. Hold under cold running tap water until the area is free from pain even after removal from the water. If that is not possible cool with a cold compress.
- Cover the burn with a sterile nonstick dressing and bandage. Wrap the bandage loosely to avoid putting pressure on burned skin.
- Take an over-the-counter pain reliever. Aspirin, Ibuprofen (Advil, Motrin, etc.), naproxen (Aleve) or acetaminophen (Tylenol, etc). Use caution when giving pain relievers to children or teenagers.
- If a sunburn, avoid creams that contain benzocaine, lidocaine, and petroleum. Use aloe vera to relieve some discomfort.

Major/Severe Burns: (charred or gray skin)
Get immediate medical attention. Call 9-1-1
- Make sure the victim is no longer in contact with smoldering materials or exposed smoke or heat.
- Check for responsiveness and signs of normal breathing. If there is no normal breathing begin CPR.
- Treat for shock: have the person lie on back, elevate legs (if no trauma) and maintain normal body temperature (cover with a sheet or blanket)
- If you are unsure about the depth of the burn, treat it as a severe burn.

**BURNS DO NOT**
- Use ice – ice can cause further damage to the wound.
- Apply butter or ointments – can increase severity of burn.
- Use bandages made out of fluffy cotton or other material – could stick to or get lint in the wound
- Break blisters – broken blisters are more vulnerable to infection.
- Remove clothing that is stuck to the skin
- Immerse large severe burns in cold water – could cause a drop in body temperature (hypothermia) and deteriorate blood pressure and circulation causing shock.

**SPRAIN/STRAIN**
- Rest- as soon as the injury occurs. This prevents further damage to the injury, which would increase your rehabilitation period.
- Ice- Contracts the blood vessels, decreasing blood flow to the area. You should apply ice for 20 minutes every 2 – 4 hours over a period of 24-48 hours. Ice should be applied within a damp towel to prevent any ice burns.
- Compression- Reduces blood vessel leakage by increasing the pressure of the surrounding tissues. This can be achieved by applying a bandage to the injured area.
- Elevation- Elevating the injured area so it as above the heart will also reduce the amount of blood going to the injury

**SPRAIN/STRAIN DO NOT**
- Consume alcohol or aspirin for the first 1-3 days – increases blood flow and may increase swelling
- Massage or stretch the injury for the first 1-3 days – increases blood flow and may increase swelling

**TICKS DO NOT**
- Pull the tick by the body – the body might detach leaving the head and mouth inside the skin
- Cover the tick with petroleum jelly or paint over it with nail polish
- Use hot matches, alcohol or other irritants to remove the tick – could cause the tick to burrow deeper into the skin