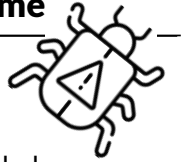




ChallengeME MONTHLY MINUTE

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Monthly topic:

Summer Exposures

Protect Yourself from the Sun by...

- Staying in the shade, especially during midday hours.
- Wearing clothing to protect exposed skin.
- Wearing a hat with a wide brim to shade the face, head, ears, and neck.
- Drinking plenty of non-alcoholic fluids.
- Wearing sunglasses that block both UVA and UVB rays.
- Using broad spectrum sunscreen that is 15 SPF or higher.
- Applying sunscreen liberally at least 20 minutes before sun exposure and reapplying sunscreen at least every two hours or after getting out of the water or sweating heavily.
- Avoiding indoor tanning (getting a "base tan" before vacation damages your skin and doesn't protect you from sun exposure).

Don't forget to check your sunscreen's expiration dates!

Treat sunburns by:

- Staying hydrated
- Staying out of the sun
- Taking OTC pain relievers
- Using aloe or other moisturizing cream



All About Ticks

Avoid ticks on yourself by:

- Knowing where to expect ticks, including grassy, brushy, or wooded areas.
- Treat your clothing and gear with 0.5% permethrin and use EPA-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- After being outdoors, check your clothes, gear, and pets for ticks. Be sure to check in and around your ears and hair, under your arms, in your belly button, around your waist, between your legs, and the back of your knees.

Avoid ticks on your pets by:

- Using a tick preventative on your pet and checking your pet for ticks regularly. This includes in and around the ears, tail, eyelids, collar, front legs, back legs, and toes.

To remove an embedded tick:

- Use fine-tipped tweezers and grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Do not twist or jerk the tick, as this could cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers if possible, otherwise leave it alone and let the skin heal.
- After removal, clean the bite area and your hands with rubbing alcohol or soap and water.
- Dispose of a live tick by putting in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

Watch for symptoms of tickborne diseases, including fever/chills, aches and pains, and rashes.

Watch the *Staying Safe During Tick Season* video here: <https://bit.ly/3nynfBu>
For more information visit <https://www.cdc.gov/ticks>

Poison Ivy and Other Poisonous Plants

Any person working outdoors is at risk of exposure to poisonous plants including poison ivy, poison oak, and poison sumac. You may be exposed through direct contact with the plant, indirect contact such as touching tools or animals that have been exposed, or inhaling particles from burning plants.

Symptoms include a red rash within a few days of contact, swelling, itching, and possible bumps, patches, or streaking or weeping blisters (note blister fluids are not contagious).

If you are exposed: Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap. Apply a wet compress, calamine lotion, or hydrocortisone cream. Consider taking an antihistamine to relieve itching (may cause drowsiness).

Protect yourself by wearing long sleeves, long pants, boots and gloves. Clean your tools with rubbing alcohol or soap and water. Avoid burning plants or brush piles that may contain poisonous plants.



ChallengeME

MaineDOT Healthy Workforce

Have you visited the ChallengeME website lately?

- > Sign up for Health Coaching
- > Sign up for VirginPulse
- > Listen to the ChallengeME Podcasts
- > Watch past webinars (a new webinar series will be available this month called: Life Balance)
- > Check out previous monthly topics
- > Learn about your benefits (Benefits Basecamp)

<http://maine.gov/mdot/challengeme>

Coming Up June: Hydration

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov