

News 4 A Healthy Shelby County

Stings

If you spend any time outside during the summer, you will most likely see bees, wasps, and hornets. Getting stung is never any fun, but for some it can be life threatening if they have an allergy. For most people, stings only require basic first aid, but for those who are allergic, immediate medical help is required.

First Aid for Stings

- Remove stinger immediately. A credit card can be used to scrape out the stinger.
- Wrap ice in a towel and apply 20 minutes every hour.
- Take antihistamines—diphenhydramine (Benadryl) or loratadine (Claritin) to help with swelling and itching.
- Take pain relievers as needed.
- Wash the site with soap and water and apply hydrocortisone cream to relieve itching, swelling and redness.
- Get a tetanus shot if you haven't had one in the past 10 years.

If you or the person who was stung is allergic to stings, you must act quickly! Anaphylaxis is a medical emergency—call 911. If epinephrine (Epi-Pen) is available, use it right away.



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Signs of Anaphylaxis

- Hives, itching and flushed or pale skin
- Swollen tongue or throat, wheezing and trouble breathing
- Weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting

LOOK BEFORE YOU LOCK

..... Think it can't happen to you ... Think again!



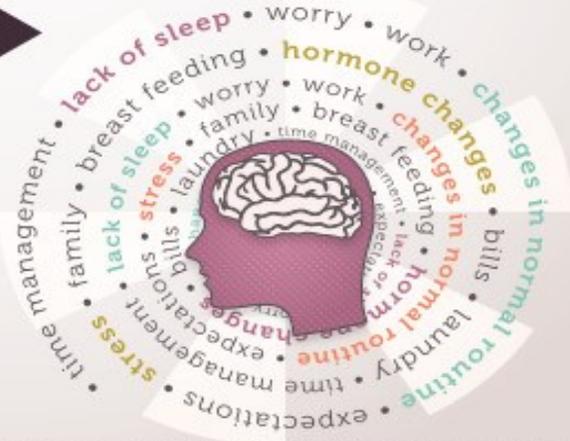
REMI

In the weeks prior to Remi's passing, she had been sick and not going to daycare. Remi's father usually took her to daycare, but had fallen asleep after a night shift in the ER. So, Remi's mother decided to take her. Exhausted from a sleepless night with a sick baby and running late, she drove straight to work on auto-pilot, losing awareness that Remi was asleep in her rear-facing car seat. It wasn't until the end of her shift as a nurse that she realized Remi was never dropped off. Remi died that day from heatstroke in her mother's car at only 21-months-old.



FACTS SHOW

Parents suffer from exhaustion due to lack of sleep, stress and changes in their normal routine. Any one of these can cause your memory to fail at a time when you least expect it. Even the best of parents or caregivers can overlook a sleeping baby in a car; and the end result can be injury or even death.



Please share with your spouse, family, friends, co-workers and child care providers.



for additional information visit
KIDS AND CARS.ORG
LOVE THEM PROTECT THEM



Teen Driver Safety

Summer is the most dangerous season for teen drivers. Each year hundreds of teens in the U.S. lose their lives on the road during the summer months. Motor vehicle crashes are the leading cause of death for teens, and over half of these crashes are caused by distracted driving.

Keep Your Teens Safe

- Most states have laws and restrictions regarding teen drivers and Missouri is no exception. Be sure to familiarize yourself with Missouri's Graduated Driver's License laws before your teen begins driving.
- Drugs and alcohol use can also play a role in teen traffic crashes. Warn your teen of the dangers of driving under the influence of drugs or alcohol. Remind them that drinking and drugs are illegal and should be avoided.
- Discuss the dangers of distracted driving with your teen. Be sure they realize the deadly consequences of texting while driving. Hold your teen accountable for distracted driving. If they break rules you have set, consider revoking driving privileges as well as cell phone access.
- Remember you are an example for your children. Be sure you are sending the right messages to your teens by practicing safe driving and obeying speed limits.
- Teach your teen to obey speed limit laws. Speeding leads to numerous traffic crashes each year. Studies show that teens who drive the family vehicle are less likely to speed than those that are driving their own vehicle.

Seat Belts

Seat belt use saves lives. Sadly, seat belt use is lowest among teen drivers. This is why it is not surprising that the majority of teenagers killed in crashes are unbuckled.

Talk to your teen about Missouri's seat belt laws. Be sure that they know the importance of wearing a seat belt and encourage them to put their seat belt on EVERY time they get in a car—including when they ride with their friends.

Set an example by wearing your seat belt every time you get into a vehicle.

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July Blood Pressure Clinic

17 Shellbina Nutrition Site 11am—12 pm

For more info go to:
www.mayoclinic.org
www.webmd.com
www.nhtsa.gov

Recipe of the Month

Seafood Pasta Salad

Ingredients:

12 oz tri-color pasta
3 stalks celery
1 lb imitation crab meat
1 c frozen peas
1 c mayonnaise
1-1/2 Tbsp sugar
2 Tbsp white vinegar
3 Tbsp milk
3 tsp salt
1/4 tsp ground black pepper



Directions:

Bring large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes; drain. Chop celery and crab meat. Run hot water over peas to defrost. In large bowl, whisk together mayonnaise, sugar, vinegar, milk, salt and pepper. Add the pasta, celery and crab meat and stir until evenly coated. Chill before serving.