SAFE SUMMER FUN!

Before you set up the tent, shop for bathing suits & start packing for vacation, take time to review some basic prep tips for your home, car & family.

Garden Party with Care
Keeping foods cold and protected from insects helps prevent food-borne illnesses. Prevent E.coli, salmonella and other bacterial infections by keeping hot foods above 140 degrees and cold foods below 40 degrees. Visit www.foodsafety.gov.

Protect Yourself from Sun & Heat
To avoid heat related illnesses, plan strenuous activities for early in the morning and late in the day. Take frequent breaks to rest in the shade and drink plenty of water. Learn to recognize the signs of heat exhaustion or potentially fatal heat stroke. Visit www.redcross.org

Tips for Safe Trips
Be sure tires have enough tread & are inflated properly. Check coolant & other fluid levels, especially before a long trip. Have a mechanic check engine belts, hoses & clamps.
Prepare an emergency roadside kit including flares, extra water and other necessities. www.nhtsa.gov can help you make up a kit.

Be Aware at the Beach
If you’re playing a sport on the beach, first check the area for fishing hooks, kite surfer strings and fishing lines. If you’re out surfing or swimming, be aware of rip currents. Visit www.health24.com/beach safety.

Water Safety
Swimming is the most popular summer activity. The best thing you can do to help your family stay safe is to enroll in age-appropriate swim lessons. Contact the Training Support Center at 1-800-RED-CROSS or support@redcrosstraining.org.

Camping Safety
In addition to a first aid kit, include: a map, compass, flashlight, knife, waterproof fire starter, personal shelter, whistle, warm clothing, high energy food, water, and insect protection. Before you leave, find out the weather report.
When putting a fire out, drown it with water, making sure all embers, coals and sticks are wet. Embers buried deep within the pile have a tendency to reignite later.

Never feed or approach a bear. Keep campsite clean to avoid attracting these midnight feeders.
Always practice good hygiene while camping. www.fs.fed.us/recreation/safety/safety.shtml

Mosquitoes and ticks
If you are traveling to an area with mosquitoes, ticks or Zika, you can pack a few items in your travel health kit to protect yourself and your family. Reducing the risk of Zika is particularly important for pregnant women. Your kit should include:

Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE or PMD, or 2-undecanone.), Long-sleeved shirts and long pants, Clothing and gear treated with permethrin, bed net (if mosquitoes can get to where you’re sleeping). https://wwwnc.cdc.gov/travel/page/pack-smart.

Oh, and have fun!


Bystanders to Upstanders: You Are the Help Until Help Arrives

Aren’t you tired of just standing by? Are you done with the masses just whipping out their cellphones to record some tragedy, hoping they’ll be the proud owner of the next viral video? Are you ready to roll up your sleeves, get a little dirt under your fingernails and maybe, just maybe save someone’s life?

A few weeks ago, one of those viral videos was of an elderly woman who didn’t move quickly enough when exiting a New York City subway train. She got herself caught in the closing doors. In fact, the doors closed around her neck with her head outside the car and the rest of her body inside! And there she remained for over a minute, while several people walked right by her, including a uniformed subway employee! And how do we know all this, you might ask? Because someone across the platform recorded the whole thing on their cellphone. Didn’t call for help. Didn’t try to open the doors. Didn’t provide an ounce of intervention, assistance or compassionate care and comfort. But they got their video!

It’s time to take a stand. Not stand by but stand UP! The typical response time for an ambulance staffed with EMTs and paramedics to get to an emergency scene is 6-9 minutes. Longer for victims in rural, more remote areas.

That’s a long time for someone in cardiac arrest, unable to breathe, or bleeding out from a traumatic injury. That’s the bad news. The good news is that there are all sorts of meaningful interventions that can be made by YOU—Jane or Joe Q. Citizen. There are national movements under-way to train civilians in emergency life-saving techniques— not just CPR (nearly commonplace these days) but also bleeding control and the application of tourniquets, rescue breathing, and the administration of antidote medication to reverse the effects of opioid overdose, to name just a few.

No need to drop the phone, in fact, pick it up and dial 9-1-1.

Here is your chance to step UP, get involved, make a difference. Wouldn’t you want others to do the same for you?

The Rensselaer County Medical Reserve Corp (MRC) is planning a one-day symposium early this Fall where hands-on instruction will be offered free-of-charge for a whole host of emergency medical interventions. To become a member of the MRC or just find out more information about registering for this upcoming event, contact me, Sal Scecchitano at 518-270-2633 or email sscecchitano@rensco.com.

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Natural Disaster Disruption

Although they are rare, natural disasters such as hurricanes, floods, tsunamis, tornadoes, or earthquakes could occur while you are on a trip. Natural disasters can seriously injure large numbers of people, contribute to the spread of some diseases, disrupt sanitation, and interrupt normal public services. Here are some things to be mindful of, ahead of time:

- Follow instructions provided by local emergency and public health authorities. Be aware of your surroundings and avoid hazards.
- After a natural disaster, deaths are most often due to blunt trauma, crush-related injuries, or drowning.
- Be careful during clean-up. Avoid downed power lines, electrical outlets that have been exposed to water, and interrupted gas lines.
- Eat and drink only safe food and water. Don’t take chances.
- Stay away from wild or stray animals.
- Avoid swiftly moving water during floods.
- To prevent carbon monoxide poisoning, use generators outside and away from open windows, doors, and air vents.

Be informed, make a plan, make a kit:

- Be informed: know what type of emergencies happen in the area where you are traveling.
- Make a plan: have safe places identified for your family to meet if separated, have a list of emergency contacts, and make sure you know how to let your family know you are okay.
- Make a kit: your travel health kit should include first-aid supplies and copies of important documents (such as passport or prescriptions).

Travelers should be familiar with risks for natural disasters at their destination and local warning systems, evacuation routes, and shelters. wwwnc.cdc.gov/travel/page/natural-disasters

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Heat Related Deaths ARE Preventable

LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°

- Inside 99°
  - Time Passed: 10 Minutes
- Inside 109°
  - Time Passed: 20 Minutes
- Inside 114°
  - Time Passed: 30 Minutes
- Inside 123°
  - Time Passed: 60 Minutes

weather.gov/heat nhtsa.gov
What roles do congregations play in preparing for, responding to and recovering from disasters?
How can faith communities increase their effectiveness and resilience?
Earthquakes, tornadoes, hurricanes, floods. When disaster strikes, congregations and faith-based organizations play a critical role. They provide food, counseling, shelter, transportation and communications to their congregants as well as their surrounding communities. Many have become shelters and food pantries.
In a disaster, governmental, non-profit and faith-based organizations must respond to the needs of a diverse population. It’s an essential that those who seek to help those in need know how to care for minority religious groups.
To respond to this need, the National Disaster Interfaiths Network (NDIN) and the USC Center for Religion and Civic Culture jointly produced the “Religious Competency in Mass Care” tip-sheet set. The American Red Cross signed a collaboration agreement to co-brand the tip sheets on December 9, 2014.
The American Red Cross leads mass care efforts across the United States and aims to meet the religious needs of all Americans. Within each tip sheet are guidelines that inform providers on the unique mass care needs of five major minority faith communities—Buddhist, Hindu, Jewish, Muslim and Sikh.
This is a wonderful resource for all first responders whether medical, faith or volunteer based. If our common goal is to help in a time of crisis, then why wouldn’t we want to school ourselves in treating others how we’d wish to be treated.

Available from Google Play or from the App Store

Can I Eat This?
Select the country you’re in and answer a few simple questions about what you’re thinking about eating or drinking, and Can I Eat This? will tell you whether it’s likely to be safe. With Can I Eat This?, you can be more confident that your food and drink choices won’t make you spend your international trip in the bathroom.
Key Features:
• Authoritative recommendations from the Centers for Disease Control and Prevention
• Access recommendations offline (no data connection needed)
• Easy to use and fun

TravWell
This app helps you plan for safe and healthy international travel. Build a trip to get destination-specific vaccine recommendations, a checklist of what you need to do to prepare for travel, and a customizable healthy travel packing list. The app also lets you store travel documents, keep a record of your medications and immunizations, and set reminders to get vaccine booster doses or take medicines while you’re traveling.
Key Features:
• Authoritative recommendations from the Centers for Disease Control and Prevention
• Access recommendations offline (no data connection needed)
• Fully customizable “to do” list and packing list
• Emergency services phone numbers for every destination

Click the following links to download the tip sheets:
Competency Guidelines: Sheltering & Mass Care for Buddhists
Competency Guidelines: Sheltering & Mass Care for Hindus
Competency Guidelines: Sheltering & Mass Care for Jews
Competency Guidelines: Sheltering & Mass Care for Muslims
Competency Guidelines: Sheltering & Mass Care for Sikhs

www.crc.usc.edu/topic/disaster-response
If you like a copy of any above tip sheets mailed to you, please email me at jlee@rensco.com

Summer Trip Abroad? Don’t let Delhi Belly Ruin the Day

For your phone or tablet: These CDC applications can save the day for travelers to a new locale:

1. Can I Eat This?
   Mobile Travel App
   Montezuma’s Revenge, Delhi Belly, or travelers’ diarrhea—whatever you call it, it can ruin your international trip. Help prevent travelers’ diarrhea by using CDC’s Can I Eat This? app.
   Select the country you’re in and answer a few simple questions about what you’re thinking about eating or drinking, and Can I Eat This? will tell you whether it’s likely to be safe. With Can I Eat This?, you can be more confident that your food and drink choices won’t make you spend

2. TravWell
   Mobile Travel App
   This app helps you plan for safe and healthy international travel. Build a trip to get destination-specific vaccine recommendations, a checklist of what you need to do to prepare for travel, and a customizable healthy travel packing list. The app also lets you store travel documents, keep a record of your medications and immunizations, and set reminders to get vaccine booster doses or take medicines while you’re traveling.
   Key Features:
   • Authoritative recommendations from the Centers for Disease Control and Prevention
   • Access recommendations offline (no data connection needed)
   • Fully customizable “to do” list and packing list
   • Emergency services phone numbers for every destination

Disaster Response: Sheltering & Mass Care Tip Sheet for Other Faiths

1. Can I Eat This?
2. TravWell
3. Summer Trip Abroad? Don’t let Delhi Belly Ruin the Day
From The SafeWise Report Blog: Ten Tips To Help You Be Safe Around Fireworks

To keep fireworks fun and harmless, we’ve created ten tips for you to play it safe:

**Tip #1: Only use fireworks in open, flat, inflammable, and sturdy spaces.**

Some of this advice might seem obvious but in 2013, according the NFPA about 15,600 fires were caused by fireworks. Scout out a location that’s hard and flat—and avoid places with trees, grass, and buildings that could catch fire. Also consider the noise pollution, so set off fireworks in a spot that won’t bother neighbors and their pets.

**Tip #2: Keep your distance.**

If you have a ground-based firework like a fountain, then spectating from 25-40 yards away is recommended. For aerial fireworks, you’ll want to move everyone back about 75 yards.

**Tip #3: Gauge the weather.**

Wind can push sparks into neighboring houses, buildings, trees, or grass and cause fires. Gusts may also endanger you and your guests if sparks fly toward you or fireworks tip over and launch in your direction. Stand upwind and ensure nothing flammable is downwind.

**Tip #4: Keep water nearby.**

If something goes wrong, you’ll want a hose or bucket of water close by to extinguish the blaze.

**Tip #5: Light it and get as far away as you can.**

Tragedies happen when people get too close to exploding fireworks. Considering that half of the 10,500 fireworks-related injuries in 2014, were burns to people’s faces, hands, arms, and legs, we know people are too close for comfort when it comes to fireworks. Do yourself a favor and stay far away!

**Tip #6: Supervise your kids.**

Some of this advice might seem obvious but in 2013, according the NFPA about 34% of firework related injuries were suffered by kids younger than 15. What you may not realize is that something as small as a sparkler can do your children harm. Sparklers can burn at over 1,200 degrees Fahrenheit and cause third degree burns. To put that in perspective, glass melts at 900 degrees. While they’re a fun staple for 4th of July picnics and other celebrations, supervise if your kids if they're dancing around with sparklers.

**Tip #7: Ditch duds.**

Sometimes fireworks don’t go off, and you should never try to relight or approach one. Let these duds sit for five to 10 minutes before you put them in a bucket of water, and don’t throw them directly into the trash.

**Tip #8: Don’t buy illegal fireworks.**

Fireworks that are sold to the public are done so after rigorous safety checks by the U.S. Consumer Product Safety Commission (CPSC). Its rules forbid ground-based fireworks to have more than 50 mgs of powder, aerial fireworks to have more than 130 mgs of powder, fireworks to burn longer than nine seconds, and fuses to burn for less than three seconds. Look for “CPSC” approval. Purchasing illegal fireworks could also land you with a ticket, jail time, or serious injury.

**Tip #9: Check your local laws.**

Not every state allows fireworks. Some restrict use to simple things like sparklers and firecrackers. Crossing state lines to bring them back to your home is also illegal. You can only set off fireworks that are approved by a state within that state’s lines. If you’re not sure about your state’s firework laws, here’s a resource you can use: https://www.cpsc.gov/PageFiles/121339/012.pdf

**Tip #10: Don’t play with fireworks if you’re under the influence.**

Lighting off an explosive when you don’t have your wits about you is so dangerous. Don’t put yourself in a position where you could endanger yourself or others. If you plan on drinking, don’t light off fireworks—simple as that. ~ SafeWise.com, your source for Home Security and Safety advice.