Summer’s Here!
As you’ll recall, in the last edition we talked about several summer safety concerns. As summer progresses, don’t forget about bugs. Yes BUGS. Ticks and mosquitoes can cause lots of different illnesses. You can find tips on mosquito safety and awareness at: https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/zika

In our great outdoors, there’s another pesky creature that can wreak havoc. Here’s an article from HEALTHLINE that’s pretty informative.

Tick Bites: Symptoms and Treatments

Are tick bites harmful?
Ticks are common in the United States. They live outdoors in:

- grass
- trees
- shrubs
- leaf piles

They’re attracted to people and their four-legged pets, and they can easily move between the two. If you’ve spent any time outdoors, you’ve likely encountered ticks at some point. Tick bites are often harmless, in which case they don’t cause any noticeable symptoms. However, ticks can cause allergic reactions, and certain ticks can pass diseases onto humans and pets when they bite. These can be dangerous or even deadly.
Learn how to recognize ticks, the symptoms of tick-borne illnesses, and what to do if a tick bites you.

What do ticks look like?

VIEW GALLERY
Ticks are small, blood-sucking bugs. They can range in size from as small as a pin’s head to as large as a pencil eraser. Ticks have eight legs. They’re arachnids, which means they’re related to spiders.
The different kinds of ticks can range in color from shades of brown to reddish brown and black. As they take in more blood, ticks grow. At their largest, ticks can be about the size of a marble. After a tick has been feeding on its host for several days, they become engorged and can turn a greenish-blue color.

**Where do ticks bite people?**
Ticks prefer warm, moist areas of the body. Once a tick gets on your body, they're likely to migrate to your armpits, groin, or hair. When they're in a desirable spot, they bite into your skin and begin drawing blood. Unlike most other bugs that bite, ticks typically remain attached to your body after they bite you. If one bites you, you'll likely know because you'll have found a tick on your skin. After a period of up to 10 days of drawing blood from your body, an engorged tick can detach itself and fall off.

**What are the symptoms of a tick bite?**
Tick bites are usually harmless and may produce no symptoms. However, if you're allergic to tick bites, you may experience:
- pain or **swelling** at the bite site
- a **rash**
- a **burning sensation** at the bite site
- **blisters**
- **difficulty breathing**, if severe

Some ticks carry diseases, which can be passed on when they bite. Tick-borne diseases can cause a variety of symptoms and usually develop within several days to a few weeks after a tick bite. Potential symptoms of tick-borne diseases include:
- a red spot or rash near the bite site
- a full body rash
- **neck stiffness**
- a **headache**
- **nausea**
- **weakness**
- **muscle** or **joint** pain or achiness
- a **fever**
- **chills**
- **swollen lymph nodes**

Be sure to seek medical attention as soon as possible if bitten by a tick in order to be evaluated for any potential treatment.
While we’re on the topic of bugs, Adelle Thompson, one of our proctors, suggested highlighting one of our departments with experts in this issue. . . so, thanks Adelle and here’s the information!

We have a “few” experts right here on campus!
https://bspm.agsci.colostate.edu/outreach-button/insect-information/

Insect Information - Bioagricultural Sciences and Pest Management - bspm.agsci.colostate.edu
bspm.agsci.colostate.edu

This is a listing of about 200 downloadable fact sheets related to insects and other “bugs” found in in Colorado. It contains fact sheets that are written for the Colorado Arthropods of Interest series and the Extension fact sheets that are related to insects.

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Building Proctors are:
• Authorized to evacuate their area of responsibility or building if, in their judgment, a situation exists justifying such action.
• Expected to explain University building policies, as needed, to occupants in their area of responsibility and members of the general public.
• Authorized to ask policy violators to cease and desist when it is safe to do so. If unsafe, or if the violation continues, the building proctor is expected to contact the appropriate agency as soon as possible.
• To break off contact with a violator and contact University Police immediately if they feel threatened in any way.
• Are not to incite a physical confrontation with a violator or place themselves or others in physical danger.

From the Building Proctor Manual
You Matter… Period

“You Matter… Period” is a new program to provide free tampons and pads in All Gender restrooms on the Colorado State University campus and surrounding university facilities. This new service resulted from the work of a university task force commissioned by Vice President for Student Affairs Blanche Hughes. The task force developed recommendations, which were approved by the operations committee of the President’s Cabinet last fall. The implementation phase began in the spring, with the goal of installing more than 350 dispensers in restroom facilities before August 2019.

Implementation team members appeal to Building Proctors for help verifying complete and accurate installations by confirming room numbers are correctly identified in the list linked at the Period Products on Campus Web Page. The locations listed correspond with the approved Task Force recommendations -- all public-access All Gender restrooms on campus and surrounding facilities, plus select Women's restrooms in building locations where limited or no All Gender facilities exist.

Building Proctors are invited to email neal.lujan@colostate.edu with information or questions about any All Gender restrooms not accurately listed. Please also email related questions, and Neal will work to respond as quickly as possible.

Summertime Outdoor Safety

Millions of people spend large parts of their summers hiking, biking, camping, and otherwise enjoying wildlife and nature. But many incidents can occur, from animal bites to weather-related illnesses, which can add sickness and injury to your summer adventures.

This article contains some tips on how to avoid and treat health issues that commonly arise when people spend time in the great outdoors.

- Sunburn
- Heat Illness
- Mosquitoes and Ticks
- Bees
- Burns
- Food-borne Illness
- Poison Ivy, Oak and Sumac
- Resources
Sunburn

Overexposure to sunlight can cause a variety of problems, the most basic of which is sunburn. Here are some tips for avoiding sunburn and suggestions for dealing with it when you have one:

- Wear sun block, sunscreen or suntan lotion whenever you are outside for prolonged periods of time during the summer (even when it is cloudy or overcast).
- Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours.
- Use water-resistant sunscreen with a sun protection factor (SPF) of at least 15.
- People with light skin color, light hair or eye color, a family history of skin cancer, chronic sun exposure, a history of sunburns early in life, or freckles should be particularly careful to avoid excessive exposure to the sun.
- In addition to sunscreen, people can wear wide-brimmed hats and sunglasses or seek shade under a beach umbrella or tree to avoid getting too much sun.
- If you do get sunburned, do not put ice or butter on your skin. Instead, use a cold compress.
- Over-the-counter pain relievers can also help deal with any pain or discomfort.
- Keep an eye out for moles that change color or size, bleed, or that have an irregular or spreading edge. These are all potential signs of skin cancer.

Heat Illness

Heat illness is a much more severe condition than sunburn. During heat illness, the body’s cooling system shuts down. Body temperature goes up, which inhibits the ability to sweat. Mild symptoms of heat exhaustion include thirst, fatigue and cramps in the legs or abdomen. Left untreated, heat exhaustion can progress to heat stroke. Serious heat-related symptoms include dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness, and a temperature of 105 degrees Fahrenheit or higher. In severe cases, the liver, kidneys and brain may be damaged.

The risk of heat illness goes up during exertion and sports, and it also increases if a person has certain health conditions, such as diabetes, obesity and heart disease. Alcohol use also increases the risk, as do medications that slow sweat production, such as antihistamines; tricyclic antidepressants; and diuretics used to treat water retention, high blood pressure, and some liver and kidney conditions.

People aged 65 and older and young children are especially vulnerable to heat illness. Many children die every year after being left alone in hot cars, some for just a few minutes. Many people do not realize that the temperature inside a car can climb much higher than temperatures outside during a sunny day. Heat stroke in children can occur within minutes, even if a car window is opened slightly.
Air conditioning is the best protective factor against heat illness. If you do not have air conditioning, spend time in public facilities, such as libraries and malls that have air conditioning. Reduce strenuous activities, or do them during early mornings and evenings when it is cooler. If you are outside for long stretches of time, carry a water bottle with you, drink fluids regularly and do not push your limits. People playing sports should wear light, loose-fitting clothes and drink water or sports drinks before, during and after activity.

If you see someone experiencing heat illness, have the person lie down in a cool place and elevate their legs. Use water, wet towels and fanning to help cool the person down until emergency help comes.

**Mosquitoes and Ticks**

Ticks are usually harmless. The biggest disease threat from tick bites is Lyme disease, which is caused by the bacterium *Borrelia burgdorferi*. The bacteria are transmitted to humans by the black-legged deer tick, which is about the size of a pinhead and usually lives on deer.

About 80 percent of people who get Lyme disease develop a large rash that looks like a bull’s-eye. Other classic Lyme disease symptoms include muscle aches and stiff joints. If a blood test confirms Lyme disease, patients can be treated with oral antibiotics and intravenous treatments.

Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes and usually produces mild symptoms in healthy people. But the illness can be serious for older people and those with compromised immune systems. Less than 1 percent of people infected with West Nile virus develop severe illness. The symptoms are flu-like and can include fever, headache, body aches and skin rash.

There are no vaccines on the market for West Nile virus or Lyme disease. If you are spending time in tall grass or woody areas, try using an insect repellent that contains DEET to ward off mosquitoes and ticks. Insect repellents should not be used on babies, and repellent used on children should contain no more than 10 percent DEET.

Check yourself and your children for ticks before bedtime. If you find a tick, remove it with tweezers, drop it in a plastic bag and throw it away. You do not have to save the tick to show it to doctors. Then clean the area of the tick bite with antiseptic. Early removal is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease.

**Bees**

Bee stings are one of the most common summertime injuries. Most reactions to bees are mild, but severe allergic reactions lead to between 40 and 50 deaths each year. An allergic reaction can occur even if a person has been stung before with no complications. Symptoms of an allergic reaction to a bee sting are swelling, hives, itching, rash, difficulty breathing and shock.

To keep bees away, people should wear light-colored clothing and avoid scented soaps and perfumes. Do not leave food, drinks and garbage out uncovered.

Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then wash the area with soap and water. Pulling the stinger or using tweezers
may push more venom into the skin. For any bug bite or sting, ice or a cold compress and over-the-counter pain-relieving creams or oral medications can help.

Because bees puncture the skin with their stingers, there is a risk of tetanus infection. After getting the regular series of childhood tetanus shots, adults should have a tetanus booster shot every 10 years.

Watch for signs of allergic reaction to stings, which typically happen within the first few hours. If you or your child has ever had an allergic reaction to a sting, experts recommend carrying epinephrine, a prescription hormone given by injection to support blood pressure, increase heart rate and relax the airways.

**Burns**

The U.S. Consumer Product Safety Commission estimates that in 2016, about 11,000 people were treated in emergency rooms for injuries associated with fireworks. Most injuries involved the hands, head and eyes. Many people also receive burns each summer from grills and campfires.

To avoid the chance of injury, families should stick with public firework displays handled by professionals. Children should always be closely supervised when food is being cooked indoors or outdoors. Be aware that gas leaks, blocked tubes and overfilled propane tanks cause most gas grill fires and explosions.

Generally, minor burns smaller than a person's palm can be treated at home. But burns bigger than that (and burns on the hands, feet, face, genitals and major joints) usually require emergency treatment. Run cool water over a small burn, and cover it with a clean, dry cloth. Do not apply ice, which can worsen a burn. Do not apply petroleum jelly or butter, which can hold heat in the tissue. Consult your family doctor if a minor burn does not heal in a couple of days or if there are signs of infection, such as redness and swelling.

**Food-borne Illness**

Summer is the prime season for weddings, picnics, graduation parties and family cookouts. Feeding the large groups involved can make food safety especially challenging. Known sources of E. coli include undercooked beef, sausage and contaminated produce.

Typical signs of food-borne illness include nausea, vomiting, cramps and diarrhea. In serious cases, high fever, bloody stool and prolonged vomiting may occur. Young children, pregnant women, older people and those with compromised immune systems are hit hardest.

To help avoid food-borne illnesses, people should:

- Wash their hands well and often with soap and water, especially after using the bathroom and before cooking or eating
- Wash cooking surfaces
- Keep raw food separate from cooked food
- Marinate food in the refrigerator and cook it thoroughly
- Refrigerate or freeze extra food promptly
- Do not leave food out for more than one hour when the temperature is above 90 degrees Fahrenheit
Keep hot food hot and cold food cold
Wash fruits and vegetables with cool running water
Place cold food in a cooler with plenty of ice or commercial freezing gels when packing food for a picnic (cold food should be held at or below 40 degrees Fahrenheit, and the cooler should be stored in the shade)
Hot food should be wrapped well, placed in an insulated container and kept at or above 140 degrees Fahrenheit.

People hit by a food-borne illness must stay hydrated. They should try chewing on ice chips or sipping clear fluid after the vomiting has stopped. Then, for the next day or so, they should eat only light foods, such as bananas, rice, applesauce, toast, crackers and soup. People should seek emergency treatment if severe pain accompanies the illness, if vomiting does not stop in a couple of hours or if bloody diarrhea is experienced.

**Poison Ivy, Oak and Sumac**

Rashes from poison ivy, oak or sumac are all caused by urushiol, a substance in the sap of the plants. Poison plant rashes cannot be spread from person to person, but it is possible to pick up a rash from urushiol that sticks to clothing, tools, balls and pets.

Campers and outdoor enthusiasts should learn what poisonous plants look like and avoid them. If you come into contact with poison ivy, oak or sumac, wash the skin in cool water as soon as possible to prevent the spread of urushiol. If you get a rash, oatmeal baths and calamine lotion can dry up blisters and bring relief from itching. Treatment may include over-the-counter or prescription corticosteroids and antihistamines.

**Resources**

- Fireworks Information Center at the U.S. Cosumer Product Safety Commission: www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks
- Food and Drug Administration: www.fda.gov

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Snapshot: S&T Prototype Shoe Scanner May Improve the Airport Security Experience

“Never underestimate the power of a shoe.”

Giuseppe Zanotti, Italian luxury shoe designer

The types of shoes you wear when flying matter. And not just shoe types. Size, material, soles and heels are also very important. Why? Shoes can become dangerous vehicles for terrorists’ plots.

On December 22, 2001, three months after the terrorist attack on the World Trade Center, Richard Reid attempted to light a fuse in his shoe onboard an American Airlines flight from Paris to Miami. Luckily, nearby passengers and crew noticed and subdued him. FBI experts later found explosives in his shoes.

“This was ultimately the reason why now people have to take their shoes off at airport security checkpoints,” said John Fortune, Program Manager for the Department of Homeland Security (DHS) Science and Technology Directorate’s (S&T) Apex Screening at Speed Program.

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Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to your Building Proctors. It includes information from Building Proctors, campus staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Proctor Development Training Team, a campus wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU!

This is your publication: if you have information that may be included here for the benefit of your fellow proctors, please send it to Bob Chaffee at Training and Organizational Development at this email address: bob.chaffee@colostate.edu