

THE EHS CONNECTION

ENVIRONMENTAL HEALTH & SAFETY NEWSLETTER MAY 2017



Staff at Mary Walker Health Center report that they have been removing ticks from students who had been at Rice Creek. Ticks can also be in grasses and woody areas on campus and in your back yards.

TICKS IN OUR AREA CAN TRANSMIT LYME DISEASE BACTERIA!

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

- Avoid direct contact with ticks.
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear long pants and long sleeve shirts, and tuck your pant legs into your socks.
- Wear closed shoes.

REPEL TICKS ON SKIN AND CLOTHING

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- The Environmental Protection Agency (EPA) has an [online tool](#) to help you select the repellent that is best for you and your family.

FIND AND REMOVE TICKS FROM YOUR BODY

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
 - ⇒ If the clothes are damp, additional time may be needed.
 - ⇒ If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.



HOW TICKS SURVIVE



Most ticks go through four life stages: egg, six-legged larva, eight-legged nymph, and adult. After hatching from the eggs, ticks must eat blood at every stage to survive. Ticks that require this many hosts can take up to 3 years to complete their full life cycle, and most will die because they don't find a host for their next feeding.

HOW TICKS FIND THEIR HOSTS

Ticks find their hosts by detecting animals' breath and body odors, or by sensing body heat, moisture, and vibrations. Some species can even recognize a shadow. In addition, ticks pick a place to wait by identifying well-used paths. Then they wait for a host, resting on the tips of grasses and shrubs. Ticks can't fly or jump, but many tick species wait in a position known as "questing".

While questing, ticks hold onto leaves and grass by their third and fourth pair of legs. They hold the first pair of legs outstretched, waiting to climb on to the host. When a host brushes the spot where a tick is waiting, it quickly climbs aboard. Some ticks will attach quickly and others will wander, looking for places like the ear, or other areas where the skin is thinner.

HOW TICKS SPREAD DISEASE

Ticks transmit pathogens that cause disease through the process of feeding.

- ⇒ Depending on the tick species and its stage of life, preparing to feed can take from 10 minutes to 2 hours. When the tick finds a feeding spot, it grasps the skin and cuts into the surface.
- ⇒ The tick then inserts its feeding tube. Many species also secrete a cement-like substance that keeps them firmly attached during the meal. The feeding tube can have barbs which help keep the tick in place.
- ⇒ Ticks also can secrete small amounts of saliva with anesthetic properties so that the animal or person can't feel that the tick has attached itself. If the tick is in a sheltered spot, it can go unnoticed.
- ⇒ A tick will suck the blood slowly for several days. If the host animal has a blood-borne infection, the tick will ingest the pathogens with the blood.
- ⇒ Small amounts of saliva from the tick may also enter the skin of the host animal during the feeding process. If the tick contains a pathogen, the organism may be transmitted to the host animal in this way.
- ⇒ After feeding, most ticks will drop off and prepare for the next life stage. At its next feeding, it can then transmit an acquired disease to the new host.

TICK REMOVAL

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to remove a tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible-not waiting for it to detach.

IF YOU REMOVE A TICK QUICKLY-WITHIN 24 HOURS-YOU CAN GREATLY REDUCE YOUR CHANCES OF GETTING LYME DISEASE!

CREATE A TICK-SAFE ZONE TO REDUCE TICKS IN THE YARD

Here are some simple landscaping techniques that can help reduce tick populations:

- Remove leaf litter.
- Clear tall grasses and brush around homes and at the edge of lawns.
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas.
- Mow the lawn frequently.
- Stack wood neatly and in a dry area (discourages rodents).
- Keep playground equipment, decks, and patios away from yard edges and trees.
- Discourage unwelcome animals (such as deer, raccoons, and stray dogs) from entering your yard by constructing fences.
- Remove old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

SIGNS AND SYMPTOMS OF UNTREATED LYME DISEASE

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, and arthritis. **Seek medical attention if you observe any of these symptoms** and have had a tick bite, live in an area known for Lyme disease, or have recently traveled to an area where Lyme disease occurs.

EARLY SIGNS AND SYMPTOMS (3 TO 30 DAYS AFTER TICK BITE)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rash:
 - Occurs in approximately 70 to 80 percent of infected persons
 - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
 - Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
 - May feel warm to the touch but is rarely itchy or painful
 - Sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance
 - May appear on any area of the body



LATER SIGNS AND SYMPTOMS (DAYS TO MONTHS AFTER TICK BITE)

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

ERGONOMIC ASSESSMENT: CHRISTINE BODY HAS BEEN DOING ERGONOMIC ASSESSMENTS SINCE 1996 AND IS AVAILABLE TO DO THEM HERE ON CAMPUS. SHE CAN BE REACHED AT 312-2770 AND WOULD BE HAPPY TO ASSIST YOU WITH ANY QUESTIONS OR ISSUES.

NOTICE TO CSEA LOCAL 611 MEMBERS

VOTING FOR CANDIDATES

VOTING FOR UNION PRESIDENT AND VICE PRESIDENT WILL TAKE PLACE IN THE LOBBY OF PARK HALL ON WEDNESDAY, MAY 24TH FROM 6:00 AM UNTIL 6:00 PM. **ALL CSEA MEMBERS ARE URGED TO VOTE IN THIS VERY IMPORTANT ELECTION.**

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MIKE FLACK AT X2115 OR michael.flack@oswego.edu

LISTED BELOW ARE THE RESULTS OF THE DRAWING FOR POSITIONS THAT WAS CONDUCTED BY THE ELECTION COMMITTEE ON APRIL 20, 2017 THAT INDICATES THE NAMES OF THE CANDIDATES AND THE ORDER THEY WILL APPEAR ON THE BALLOT.

PRESIDENT:

1-COLLEEN DEWINE

2-JOSEPH MICELI

VICE PRESIDENT:

1-ROYAL ROGERS

2-DANIEL HOEFER

SECRETARY:

KATHLEEN (CASEY) WALPOLE (UNOPPOSED/ELECTED)

TREASURER:

DONNA MONETTE (UNOPPOSED/ELECTED)

HAVE A SAFETY ISSUE OR CONCERN YOU'D LIKE TO REPORT? PLEASE CONTACT A MEMBER OF THE JOINT LABOR MANAGEMENT HEALTH AND SAFETY COMMITTEE:

CSEA Members

Fred Matteson-Plumbing

Mark Sierson-Plumbing

Brian Bateman-BTC

Joe Scanlon-BTC

Mike Flack-Custodial

Donna Monette-Custodial

Melana Perkins-Custodial

Dan Hoefer-Electrical

Colleen Dewine-Grounds

Roy Ayotte-CHP

Jason Hrnirnik-CHP

Sharon Cromie-Health Promotion and Wellness-Secretary

Management Representatives

Eric Foertch-EHS

Mary DePentu-Maintenance and Operations

Christine Body-EHS

Nick Scaturro-EHS

MAY WORD SEARCH

For a chance to win a great prize (more like an OK prize, but-hey, it's a PRIZE!), complete the Word Search and send it via e-mail to lisa.drake@oswego.edu OR through Campus Mail: Lisa Drake, 110 Lee Hall. Make sure to put your name on it! The winner for April was Vickie Fisher. Look for: Ticks, Lyme Disease, Preventive, High Grass, Leaf Litter, Permethrin, Full Body Tick Check, Egg, Larva, Nymph, Adult, Host, Life Cycle, Questing, Pathogens, Attach, Tweezers, Tick Safe Zone, Landscaping, Fever, Rash, Facial Paralysis, Arthritis, Erythema Migrans

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CALVIN SAYS:

IF YOUR DOG IS NOT ON A TICK PREVENTIVE, PLEASE SEE YOUR VET FOR HIS/HER RECOMMENDATION! IT'S VERY IMPORTANT FOR YOUR PET'S HEALTH AND YOURS TOO!

DUTCHISM FOR MAY...

MOTION

THE WONDER OF A WANDERING WAVE
 A MOMENT OF MOVEMENT
 EVER RISING AND FALLING
 GOING ONWARD, ONWARD
 TO REST UPON A SHORE
 THEN, ALAS, TO RISE NO MORE.