

FootNotes

SUMMER 2016, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

Some Summertime Safety Tips

Water makes up most of our body. The brain and the heart alone are about three quarters water with your muscles and kidneys about 80% of the liquid of life. Your bones are approximately 30% H₂O. With summer in full swing, staying hydrated is important regardless of your age! Then speaking of age, the older we are, the greater risk we have to ignore staying hydrated when it's warm outside with those signs of thirst leading to lightheadedness and even falls. So, drink water even if you don't feel thirsty.

Summer is a time for being outdoors with friends and family and that mean barbecues and picnics making foodborne illness a readily available fact. With an increase in temperatures, dangerous bacteria can grow in just a few hours. According to the USDA, salmonella and E. coli can double in as little as twenty minutes if left outside of your refrigerator or cooler. A staple of many outdoor grilling parties is the hamburger. Refrigeration and freezing do not always stop the bacteria from forming as trace amounts may be already be in the ground meat. And that potato salad gets a lot of blame but it is not the dish itself rather, cooked potatoes provide fertile ground for contamination due to poor refrigeration with additional moisture forming. If you add eggs to your recipe, make sure that the egg yolks are fully cooked. One more thing when grilling, use different and separate utensils and serving dishes for when the food is in its raw uncooked state and then when cooked for serving reducing the chances of cross contamination. Produce is not immune to contamination. Organic produce may have no pesticides or chemicals but there can be plenty of bacteria so wash that produce and dry with a paper or cloth towel. Scrubbing and rinsing works just fine but under no circumstances should commercial detergents or soaps be a part of your cleaning produce.

Don't forget the sunscreen when planning to be outside. As you plan for activities outside try to schedule them before 10:00am and after 4:00pm according to the [Skin Cancer Foundation](#) to minimize your risk for skin cancer. In many instances, we WANT to be outside during those times so slather on the sunscreen with a minimum SPF 15 rating and try to find it with a strong water-resistant factor for protection. Also sunglasses are very effective in protecting your eyes from UV rays. Lastly, a brimmed hat, long sleeve shirts, and pants can provide additional protection from the most common cancer.

UVA, UVB, SPF – Are They the Same?

It's that time of year when the days are longer, sunlight more prevalent (at least that is the hope), and the temperatures are rising. This can only mean summer has arrived and with it more time in the sun. Before you head outside, there are a few things that you should know.

We all need some sun exposure as it is our primary source of vitamin D which assists in helping our bodies to absorb calcium for stronger and healthier bones.

Unprotected exposure to the sun's ultraviolet rays can cause damage to our skin, our eyes, and our immune system, consequently creating a risk for skin cancer. So understanding the importance of UVA ([Ultraviolet A](#)), UVB ([Ultraviolet B](#)), and SPF [Sun Protection Factor \(sun block rating\)](#) in sunscreens can help you determine the correct protection for you. While you are at it, don't forget the sunglasses!

It's a Zika Virus Summer and that Requires Insect Repellent

With summer upon us, can mosquitoes be far behind? Then, with the Zika Virus making its way into and across the United States, what type of anti-Aedes (the mosquito carrying the Zika Virus) repellent should you use? To help get you thinking then preparing for their inevitable arrival, Medscape drew upon the expertise of Phillip J. Gregory, PharmD from Creighton University in Omaha, Nebraska.

One simple and easy method to protect yourself and reducing the risk of a mosquito bite is to wear long-sleeve shirts and long pants. You can either purchase clothing that already is insect-resistant though how long this specially treated clothing can protect you still is in question. Clothing manufacturers may provide a timetable for its effectiveness (based on the number of washings) but one can never be certain. One of the most commonly used repellents on clothing is Permethrin. Approved by the U. S. Food and Drug Administration (FDA) for use on those with scabies, its use is only for your clothes and not your skin (unless you have scabies)!

According to an April 16, 2016 item in [Consumer Reports](#), there are a number of mosquito repellents, including some that are considered "*natural*" Zika mosquito repellents available in today's marketplace, found that most do not provide protection for more than one hour; if at all.

So, how should one apply these repellents? Below, Mr. Gregory provides these Dos and Don'ts:

- Don't apply repellents underneath clothing or over wounds or irritated skin.
- Don't spray repellents on the face; instead, spray onto hands and then rub onto the face. Avoid contact with the eyes or mouth.
- Don't let young children apply repellents.
- Reapply the repellent if mosquito bites occur after the first application; in some cases, use of a different type of repellent may be needed.

- Keep in mind that low-concentration repellents (e.g., DEET 10%) may only provide protection for 1-2 hours.

Free Access to Publishers' Zika Virus Information (reprise)

Many of the major journal publishers in the health sciences have jointly made the commitment to share their Zika Virus content collections! This global emerging pandemic is spreading at an alarming rate on the planet with no cure or vaccine in sight.

Free access has been granted to articles, guidelines, reports, commentaries, and news. The most recent updated information can be found at the [Disaster Information Management Research Center \(DIMRC\)](#) of the [National Library of Medicine \(NLM\)](#).

The [Zika Virus Health Information Resource Guide](#) is your one-stop place for the latest information available on the Zika Virus. Information found here is made available from U.S. Federal Government Agencies, non-U.S. national governments, research, journal articles, surveillance, travel information, social media, and even maps! You will find the information on this website quite inclusive, updated weekly, and easy to navigate.

The [Disaster Information Management Research Center \(DIMRC\)](#) website has been available on our [Emergency Preparedness](#) page located under the [U. S. Department of Health and Human Services](#) section.

Welcome New Residents and Students!

When you are looking for information of any kind, there is no better place to begin than with the libraries of Samaritan Health Services. The library staff is pleased to meet with you one-on-one, offering in-service to anyone wanting to know how to make use of the many services and resources made available to all through your libraries. From the steps involved in researching a topic to finding articles or even locating images for a presentation, we can help.

Feel free to contact any library staff member via telephone, email, or use our [Request Form](#). Contact information for any of the three medical libraries can be found directly below.

Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - 541.812.4446 / 82-4446

Medical Library at SLCH – 541.451.7173 / 81-7173