



# Health & Wellness Summer Toolkit



**Brought to you by:**

*The Office of Employee Health & Wellness and WellStarME*

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## Introduction



Most of us have been cozied up at home for some time, due to the winter weather months and the ongoing pandemic. With COVID-19 restrictions slowly lifting and as we begin to shift into the beautiful summer months Maine has to offer, we wanted to put together another comprehensive health and wellness toolkit, which includes a plethora of resources to help make your spring and summer fulfilling and enjoyable. We all could use a little joy - and we hope this toolkit sparks some for you.

Thank you for taking the time to review this toolkit, We hope that you find these resources beneficial, and as always, if there are additional resources you feel you could benefit from, please contact us.

**Be well,**

*WellStarME and your Office of Employee Health & Wellness*





This is a comprehensive health and wellness toolkit.

If you would like assistance navigating this toolkit or want specific topics and resources made available to you, please contact your Health and Wellness Navigation Team.

Health and Wellness Navigation Team  
[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org)  
207-620-9209

## Contact Information

If you have questions regarding the content provided in this toolkit, or are in need of additional resources, please contact:

### WellStarME

[wellstar@mcd.org](mailto:wellstar@mcd.org)  
(207) 620-9202



### Health and Wellness Navigation Team

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[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org)  
(207) 620-9209

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For benefits related questions, please contact:

### Office of Employee Health & Wellness

(207) 624-7380 or 1-800-422-4503  
TTY: dial Maine Relay 711



# GET OUTDOORS!



## Low-Cost Outdoor Activities

Looking for some fun, low-cost activities for this summer?  
Here's a resource to get you started!

Here are some budget friendly outdoor activities to try this spring and summer:

- Visit a [Maine State Park or Land](#)
- Play a round of [disc golf](#)
- Attend a baseball game
- Play mini golf
- Go for a [hike](#)
- Walk through a [botanical garden](#)
- Visit the [beach](#)
- Explore a [fort or historical site](#)
- Visit a [Maine lighthouse](#)
- Visit a greenhouse
- Find a new swimming spot
- Visit a [National Park](#)
- Go for a boat ride
- Visit a [Maine farmer's market](#)
- Try [geocaching](#)
- Go [strawberry or blueberry picking](#)
- Watch a sunrise or sunset





# NPS Trip Planning Guide

February 2018

National Park Service

U.S. Department of the Interior



North Cascades National Park. NPS Photo.

## Going out for an adventure?

**Make your fun adventure a safe one too!** No one plans on getting hurt while out exploring in a National Park. However, nature is unpredictable, structures are historical, and your equipment can unexpectedly fail. Planning ahead can be the key to a fun and safe adventure. Remember, safety starts with you!

**Know before you go.** You and your group should be informed about the national park you are visiting and the activity you are participating in. Be prepared to fully enjoy your time.

**Use this guide and checklist to help plan your trip.** The first part of this guide provides a detailed description of each of the four phases of your trip. At the end you will find a checklist that sums up the guide.

### PLAN

Get information about the park at [www.nps.gov](http://www.nps.gov)

### SEEK

Ask a Ranger at a Visitor Center or Ranger Station when you arrive

### ADJUST

Be prepared to adjust your plans if things change

#### Before the Trip



##### "Know Before You Go"

What you need to know and consider before going out to a park

#### Arrival at Park



##### "Ask a Ranger"

Get up-to-date information on park requirements and safety information

#### During the Trip



##### "Assess and Adjust"

Actions to consider while you and your group are enjoying the activity

#### After the Trip



##### "Share the Experience"

What you can do to be better prepared for your next park adventure

**Follow the principles outlined in this guide to help you avoid the most common mistakes people make.**

Photos on this page from left to right : Brochures from Yellowstone National Park. NPS photo; The park rangers that help visitors at visitor centers (Fishing Bridge Visitor Center shown here), museums, and other places throughout the park are part of our operations team. Photo by Jim Peaco; Visitors exploring Timpanogos Cave. NPS photo; Kids from northern Virginia experienced a special outdoor adventure known as Camp S.E.E.D. at Shenandoah National Park. NPS photo.



## Before the Trip

## Know Before You Go

### 1. If you are part of a group, identify a Trip Leader and for larger groups, an Assistant Trip Leader

Ensure that the Trip Leader has the right level of skill and experience to serve in a leadership role.

### 2. Know your limits and the limits of your group members. Assess the elements listed below:

#### SKILL

Determine the skill level needed to safely enjoy the activity you picked. Do you and your group members have the right skill level for the activity?

#### EXPERIENCE

Determine if you and your group members have any outdoor experience. Is this your or their first time? Have you done this activity before?

#### FITNESS LEVEL

Identify how physically fit you and your group members are. Are you prepared to take a short hike on a paved trail or can you go on a long hike up a mountain?

#### REQUIRED MEDICATION

Determine if you or any group members have a medical considerations. Will you need to bring medications with you on the trip (e.g. inhalers)?

#### HEALTH CONDITIONS\*

Find out if you or any group members have health conditions which may limit the kind of activity you can participate in? Do you have any mental or physical disabilities that should be considered? Do you have a medical conditions that could be worsened by certain activities or changes in altitude (asthma, heart condition)?

\* Consult a physician if you have any questions on fitness levels, health conditions, or medications required

### 3. Pick the national park you want to visit

Visit [www.nps.gov](http://www.nps.gov) to find a park in your area. If planning a group trip, try to visit the park prior to the trip.

### 4. Pick the right activity for you or your group from the list of allowed activities at the park

Available activities can be found under “Plan Your Trip” on each park’s website at [www.nps.gov](http://www.nps.gov). Consider participating in [Ranger-guided and Junior Ranger programs](#) offered by many parks. In choosing your activity, be sure to “Know Your Limits” and those of your group members and consider these factors:

- **Time of year** - During what season will you be doing your activity?
- **Setting** - Does the activity take place at the beach, on a trail, in a cave, or at a historical site?
- **Duration** - Will your trip and activity last a few hours or all day?
- **Difficulty level** - Will you be going a short distance at a slow pace on flat terrain or a long distance at a faster pace on difficult terrain?
- **Skill level** - Do you need special skills (e.g. rock climbing) to safely enjoy the activity?



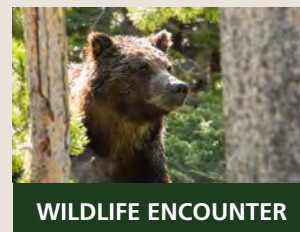
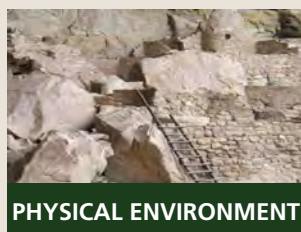
The Junior Ranger Program is an activity based program where youth complete a series of activities during a park visit, and receive an official Junior Ranger patch and certificate.

Photo on this page: Fort Monroe National Monument celebrating National Junior Ranger Day. NPS Photo

## 5. Learn about the environment and hazards of the park and be prepared for them

Every park is unique. Environments and hazards can even vary *within* a park. Research the park's website or call the park to find out what risks and hazards are associated with your activity (e.g. wildlife, swift water, uneven steps) so you can prepare for them before you go on your adventure.

### Potential Hazards



## 6. Identify park requirements and regulations for your activity

Requirements for each park can be found under the "Plan your Trip" menu on every park's website at [www.nps.gov](http://www.nps.gov). Review requirements for:

- Permits
- [Open fires regulations](#)
- Group size restrictions
- Food storage & disposal requirements

Check for available [drinking water](#) sources. If none, you will need to bring enough water for you and your group to meet your needs.

## 7. Plan water, food, and equipment needs; test equipment before you go

Testing and practicing with your equipment are important steps in planning for a safe trip. You or the group's Trip Leader should:

- **Make a packing list** - research the activity you selected and make sure that you and group members have the required gear (e.g. hiking boots, life jackets) including the 10 Essentials.
- **Do a test run** - learn how to use your equipment properly. Make sure it works and that items like hiking boots, backpacks, and life jackets fit correctly.
- **Decide who is going to carry the equipment.**
- **Practice** - practice packing and carrying your backpack, and pitching a tent if you are planning a long trip.

### Always Pack the [10 Essentials](#)



**1. NAVIGATION**  
Map, compass,  
and GPS system



**2. SUN PROTECTION**  
Sunglasses, sunscreen,  
and hat



**3. INSULATION**  
Jacket, hat, gloves,  
and rain shell,



**4. ILLUMINATION**  
Flashlight, lanterns,  
and headlamp



**5. FIRST-AID SUPPLIES**  
First Aid Kit



**6. FIRE**  
Matches, lighter  
& fire starters



**7. REPAIR KIT & TOOLS**  
Duct tape, knife,  
& scissors



**8. NUTRITION**  
Extra food



**9. HYDRATION**  
Water and water  
treatment supplies



**10. EMERGENCY SHELTER**  
Tent and tarp



## 8. Develop a “Plan B”

Have a back-up plan in case something comes up and keeps you or your group from doing your planned activity. It can be an alternative activity or you can reschedule the trip for another date.

## 9. Identify a “Safety Leader”

A Safety Leader(s) is someone, or a couple of people, in your group responsible for safety. If you are traveling alone, *you* are the Safety Leader! Your job includes:

- Checking all equipment before and during the trip
- Monitoring your or group members’ health and energy levels
- Being aware of changes in the environment (e.g. weather) and physical conditions and communication them to the Trip Leader
- Looking out for hazards during the activity

It is always a good idea for you or at least one person in your group to be trained in CPR and First Aid.

## 10. Complete a Trip Plan

A Trip Plan includes information such as destination, list of group members, and expected return time. This information helps Search and Rescue authorities respond if an emergency occurs or if you don’t return from your trip on time. Leave the plan with your emergency contact, a reliable person who is **NOT** going on the trip. **Do not leave your trip plan with the park.** Find a [Trip Plan template](#) at the end of this guide.

## 11. Develop and practice an Emergency Plan

An emergency plan will help you know what to do if someone becomes lost or injured. **Do not count on your cell phone reception.** Practice your plan before you go so everyone knows what to do. Read the [section on emergency plans](#) at the end of this guide.

## Top 3 Causes of Visitor Fatalities 2007 - 2013



### Drowning

To reduce the risk of drowning<sup>1</sup>:

- Wear a life jacket
- Learn to swim
- Swim in Lifeguard Areas
- Assign a Water Watcher
- Follow park regulations



### Motor Vehicle Crashes (MVC)

To reduce the risk of an MVC:

- Buckle up every time
- Obey posted speed limits
- Keep your eyes on the road
- Watch for animals on the road
- Do not drink and drive



### Fall

To reduce the risk of a fall:

- Wear the right footwear
- Stay on the trail
- Stay within designated areas
- Use the right equipment
- Stay hydrated to prevent dizziness

<sup>1</sup><https://www.nps.gov/articles/watersafety.htm>



## Pre-Departure

This is your group's last chance to check that everyone is prepared before going on the trip and that you have all the necessary equipment and documents.

### Trip Leader(s):

- Check in with your emergency contact - a person NOT on the trip - and leave your Trip Plan with them
- Pack your permits and any other important paperwork
- Assign chaperones and a buddy system

### Safety Leader(s):

Double-check equipment and supply list, travel route, weather forecast, and other conditions at the park.

## Your Cell Phone is ...



**NOT** a flash light



**NOT** a map



**NOT** a survival kit



**NOT** always going to have reception

## Arrival at Park

## Ask a Ranger

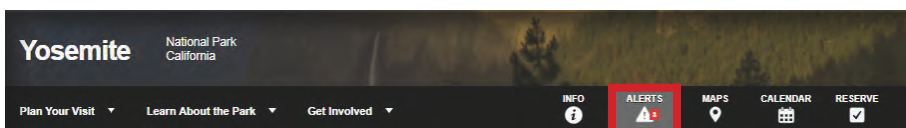


Visitors checking in with a Park Ranger at Denali National Park. NPS Photo/ J. Elhard

### 1. Ask a Park Ranger and check [park alerts](#)

When you arrive at the park, locate the Visitor Center or Ranger Station and ask a Park Ranger about:

- **Closures or Postings** - Are there any trails, campsites, or other areas closed or posted due to hazardous conditions that may change your planned itinerary?
- **Hazards** - Is there any fire or animal activity, high water from recent rain events, rock fall, or icy trails and routes? Are you visiting a historic structure with uneven steps, unlevelled paths, or no barriers to protect you from falls?
- **Weather Changes** - Is there rain, wind, snow, or extreme temperatures (high or low) forecasted for the duration of your trip?



### 2. Get necessary permits and pay any required fees

If a permit is required for your group or your activity, get the permit, pay permit fees, and read all regulations printed or stamped on it.

### 3. Check your own and your group members' health & energy levels

Check in with group members to find out if they are in good health and have the energy to do the planned activity.

### 4. Check your water, food, and equipment before heading out

Check everyone's water and food supplies and that you brought all the necessary equipment for your activity.

### 5. Put "Plan B" into action if necessary

Use Plan B if park conditions have changed, a group member's health or fitness level is not optimal, or equipment is missing.

## During the Trip

## Assess and Adjust

Visitors at Mather Point, Grand Canyon National Park. NPS Photo / K. Katz

### 1. Sign the logbook

Some trails have log books at the trailhead. If available, sign the book and note your return time.

### 2. Stick to your intended route

Unless you encounter a safety hazard, stick to your intended route during your activity. If you change your route, your emergency contact will not know where you are and it will be difficult for Search & Rescue authorities to find you. If something impacts your activity, you may be better off turning around.

### 3. Stay on trail and within designated areas

Reduce your risk of a serious injury by staying on trail and avoiding shortcuts. Many serious outdoor accidents happen when people go off the designated trail or walkway.

### 4. Stay together

If traveling as a group, stay together. Separating from the main group could lead to a lost or injured group member.

### 5. Follow the principles of "Leave No Trace"

These principles reduce your risk of injury and minimize your impact on the environment. Learn more at [lnt.org](http://lnt.org)

### 6. Check your physical well-being and keep an eye on changes in the environment

Check to see that everyone is feeling well and not experiencing conditions such as tiredness, dehydration, heat illness, etc. Also keep an eye out for environmental hazards (e.g. weather changes, wildlife).

Determine whether you should keep going, take a break, or turn around. If traveling in a group, the Safety Leader(s) should watch for changes in group members' health and for environmental hazards.



## After the Trip

## Share Your Experience

### 1. Check in with your emergency contact

Sign out in the log book and let your emergency contact know you completed the trip safely.

### 2. Assess the outcome of the trip and any "lessons learned"

Review what went right and what can be improved next time.

### 3. Share your experience

This will allow others to have an adventure similar to yours and learn from your lessons learned!

# Sample Trip Plan

February 2018

National Park Service

U.S. Department of the Interior



This is a sample template that you can use to help you prepare a trip plan. It is **NOT** a substitute for any permits required for your activity. The type of information outlined in this sample template can help Search and Rescue authorities during an emergency response. **A trip plan is not required to visit a national park or to seek help from authorities during an emergency. Leave your trip plan with a reliable person who is NOT going on the trip with you. Do not leave it with the park.**



## Personal or Group Information

Your Name (or name of Trip Leader if traveling in a group) \_\_\_\_\_

Number of people traveling with the group \_\_\_\_\_

Number of children ages 0-17 traveling with the group \_\_\_\_\_



## Travel Details

Destination/Route/Trail \_\_\_\_\_

What types of activities will you be engaging in? (e.g hiking) \_\_\_\_\_

Visitor Center/Ranger Station phone # \_\_\_\_\_

Arrival (Date/Time) \_\_\_\_\_

Where will the activity take place? (e.g. name of trail) \_\_\_\_\_

Return (Date/Time) \_\_\_\_\_

Method of Travel/Distance \_\_\_\_\_

Vehicle(s) & Parking Location (make/model/color/license) \_\_\_\_\_

Name and phone # of Guide/ Outfitter (if applicable) \_\_\_\_\_



## Equipment

Tent(s) - make/model/color: \_\_\_\_\_

Vessel(s) - make/model/color/ license or ID: \_\_\_\_\_

Other: \_\_\_\_\_



## Contact Information

What kind of communication device will you carry with you? Type/Number [e.g. Cellphone and carrier (e.g. Sprint), VHF] \_\_\_\_\_

What kind of distress alerting device will you carry with you? (e.g. Spot, PLB, inReach) \_\_\_\_\_

**REMEMBER TO LEAVE YOUR PLAN WITH YOUR EMERGENCY CONTACT, A PERSON WHO IS NOT GOING ON THE TRIP WITH YOU. INSTRUCT THEM TO ALERT THE AUTHORITIES AND PROVIDE THIS INFORMATION IF YOU ARE NOT BACK BY THE EXPECTED TIME.**

# Emergency Plan

February 2018

National Park Service

U.S. Department of the Interior



An emergency plan will help you and your group know what to do if someone becomes lost or injured. Create and practice your plan before you go. **Modify this plan to fit your specific trip and activity.**

## DO NOT GET LOST

Review the route your taking with all group members. Point out landmarks and tricky turns which can be used as a reference point before you go. Consider carrying and giving each group member a whistle that can be used to locate them. Share and use the following principles:

- **“Stay Together”** - Stay with the group, pay attention, and don’t wander off the trail
- **“Be a Buddy”** - Make sure everyone has a buddy and stays with them at all times
- **“Stay Put”** - Unless there is an immediate threat to life, the lost person should **always** stay put and not wander. If they become lost, instruct them to:
  - ◇ Stay put
  - ◇ Stay Calm
  - ◇ Blow their whistle often



## DO NOT GET INJURED

- Stay on the trail and within designated areas
- Consider First Aid and CPR training for the Trip Leader(s).
- Pack a First Aid kit. Inventory the kit and replace any expired medication. Remember to pack any special medications required for the group members.

## ACTION PLAN

If someone in your group becomes lost or injured, the Trip Leader and the Safety Leader need to stop the activity and gather the group together. Review the plan of action with everyone and begin delegating tasks. Remind the group members to stay together and be calm.

Lost Person	Injured Person
<ul style="list-style-type: none"><li>• Call 911 and tell them:<ul style="list-style-type: none"><li>◇ The last known location the lost person was seen, including GPS coordinates if you have them</li><li>◇ Types and colors of clothing they are wearing and what equipment the lost person was carrying</li><li>◇ Any medical conditions they may have</li></ul></li><li>• If you don’t have a cell phone or cell signal, flag down hikers in the area who are returning to the starting point and ask them to alert Park Rangers of the situation.</li><li>• If you don’t see any hikers, Trip Leaders may need to split the group up and send some people to the ranger station or visitor center to find help. Remember to stay together and “Be a Buddy”.</li></ul>	<ul style="list-style-type: none"><li>• Assess the nature of the injury to decide if you should call 911.</li><li>• When dealing with minor injuries (e.g. scrapes and abrasions), use the First Aid kit to clean and cover the affected area. In the event of major injuries be sure to:<ul style="list-style-type: none"><li>◇ Control bleeding by applying pressure to the wound</li><li>◇ Make sure the person is breathing</li><li>◇ Minimize movement</li></ul></li><li>• In case of evacuation, if the injured person is able to walk, evacuation might be as simple as helping the person walk out. If the person is not able to walk, call 911 or alert Park Rangers (see Lost Person).</li><li>• Make sure someone waits with the injured person until Search and Rescue arrives.</li></ul>



# The Best Types of Gardens for Growing Vegetables At Home

*Looking for a fun summer hobby? Consider gardening!*

Below are 3 types of gardens to help you decide which garden works best for you.

## In-Ground Gardens

- In-ground gardens are essentially an area of a lawn where the turf grass has been removed and replaced with productive vegetables.
- An in-ground garden can be an easy, affordable way to start. You're able to use the natural soil in the ground rather than having to buy soil and then rebuild a natural growing environment.
- One of the main drawbacks of in-ground gardens is that they're not the easiest to maintain due to pulling weeds that naturally exist in the soil.



## Container Gardens

- There are many crops that are quite easy to grow in a container. You can grow them on your apartment patio, on your deck, or indoors.
- Containers have the added benefit of being portable. If you're new to gardening, you can move them around your space to experiment with different light and precipitation amounts.
- Container gardens are incredibly versatile. Herbs, salad and smoothie greens such as lettuce, arugula, and kale also do well in containers.



## Raised Bed Gardens

- Think of raised bed gardens as giant container gardens. Raised beds are commonly rectangular (generally 4' wide and about 8' long). They're often made of wood planks which hold the garden soil in place above the ground.
- The soil warms up earlier in the spring, allowing you to start growing veggies earlier in the season. Building the raised beds also allows you to garden successfully if you have less-than-perfect natural soil, such as heavy clay or contaminated ground.



*Looking for some helpful gardening resources? Check out the links below!*

[The National Gardening Association](#)  
[U.S. Department of Agriculture](#)  
[Maine Organic Farmers and Gardeners](#)  
[Plant Something! Plant Maine!](#)



# 10 Best Vegetables to Grow in Maine

- 1. Lettuce.** Lettuce thrives in Maine's cold spring and cooler fall months. Lettuce is perfect for urban gardening and even gardeners with little space. It is great in gardening containers, raised garden beds, and even indoors. Lettuce can be harvested all year. **Popular varieties:** Butterhead, Boston, Loose Leaf.
- 2. Kale.** Kale is the hardiest vegetable when it comes to cold in Maine and can be grown throughout the entire year. If there is any vegetable that can be grown in gardening pots in Maine, it's Kale. This is one of the most adaptive vegetables, making it perfect for beginner gardeners in Maine. **Popular Varieties:** Curly, Lacinato, Red Russian, Ornamental.
- 3. Peas.** Peas do not need much room and also grow great among other vegetables and plants. This makes it perfect for raised garden beds. **Popular Varieties:** Snow, Sugar Snap, English.
- 4. Tomatoes.** As the summers get warmer tomatoes continue to get bigger and more plentiful. Tomatoes are considered to be a low-maintenance vegetable. You can train them to grow vertically, which is perfect for gardeners who have little space. You can grow them in containers, window boxes, and raised garden beds. **Popular Varieties:** Cherry, Beefsteak, Brandywine.
- 5. Squash.** Squash is one of the most versatile vegetables. Some varieties can be grown in cold weather, some can be grown in warmer weather, and some are perfect to be grown in both types of weather. Squash is one of the few vegetables that you can harvest as early as May to as late as November if planted right. Squash can help to cross-pollinate other vegetables. Plant squash next to tomatoes, beans, carrots, and cucumbers for even more vegetables. **Popular Varieties:** Zucchini, Acorn, Butternut, Spaghetti.
- 6. Cucumbers.** Cucumbers are another hardy vegetables. Some varieties can be grown in cold weather and some can be grown in warmer weather. Cucumbers are another vegetable to help to cross-pollinate other vegetables. Plant cucumbers next to tomatoes, beans, carrots, and squash for even more vegetables. **Popular Varieties:** Pickling, Armenian, Persian, English.
- 7. Peppers.** These low-maintenance vegetables love the heat. The hotter the summer the better they do. And the longer summer goes on the more peppers you will have. **Popular Varieties:** Bell, Jalapeno, Habanero.
- 8. Green Beans.** Green Beans do not require a lot of water to grow, flower, and bloom into a crop that can be harvested more than once. This is great for the unusual dry summers. **Popular Varieties:** Bush and Pole.
- 9. Radishes.** Like Carrots and other root crops, Radishes require little water, sunlight, and even pest care. This makes it great for full-sun and partial-sun garden areas. Radishes are one of the few vegetables that can survive temperatures slightly below frosts. **Popular Varieties:** French, Tarzan, Stela.
- 10. Eggplant.** Eggplants are another vegetable that does great in Maine's summer heat. There are almost 20 types of eggplants that can be grown. This means you can pick your type for your specific need and climate. **Popular Varieties:** Fairy Tale, Thai, Italian.

## *Maine Vegetable Gardening: Keep Your Garden Growing ~Plant from Spring to Fall*

<i>Early Spring</i>	<i>Midspring</i>	<i>Early Summer</i>	<i>Midsummer to Fall</i>
<i>Plant as soon as the ground can be worked.</i>	<i>Plant two weeks before the average last frost date.</i>	<i>Plant when soil and sun are warm.</i>	<i>Plant in late June-early July</i>
<b>PLANTS</b>	<b>PLANTS</b>	<b>PLANTS</b>	<b>PLANTS</b>
Broccoli Cabbage	Cauliflower	Eggplant Pepper Tomato	Beet Broccoli Carrot Cauliflower Lettuce Radish
<b>SEEDS</b>	<b>SEEDS</b>	<b>SEEDS</b>	<b>SEEDS</b>
Endive Lettuce Onion Sets Pea Radish Spinach Turnip	Beet Carrot Onion Sets Parsnips Swiss Chard	Cucumber Lima Beans Melon Okra Pumpkin Squash Winter Potatoes	Beet Broccoli Carrot Cauliflower Lettuce Radish
	<b><u>Plant 1 week later:</u></b> Bean Corn Early Potatoes		<b><u>Plant in early August:</u></b> Broccoli* Cabbage* Cauliflower* <b><u>SEEDS:</u></b> Lettuce Spinach Turnip
*Plants are set out later than seeds as sown because hot weather is not favorable for growth.			<b><u>Plant 10 weeks before last frost:</u></b> <b><u>SEEDS:</u></b> Beet Carrot

<b>Planting Seeds Indoors:</b>	<b>Weeks to Sow Indoors Before Last Frost</b>	<b>Weeks to Germination</b>	<b>Set Out Transplants</b>
Broccoli	5-7	1-2	After frost, late summer
Brussels Sprout	4-6	1-2	After frost, late summer
Cabbage	5-8	1-2	After frost, late summer
Cauliflower	5-8	1-2	After frost, late summer
Cucumbers	2-3	1-2	2 weeks after frost
Eggplant	8-9	2-3	Midspring, early summer
Leeks	10-12	2-3	Mid to late spring
Head Lettuce	3-5	2-3	After frost
Onions (globe)	6-8	2-3	After frost
Peppers	8-10	1-2	Mid to late spring
Tomatoes	6-8	2-3	Mid to late spring



# Fast Facts

## Protecting Yourself from Poisonous Plants

Any person working outdoors is at risk of exposure to poisonous plants, such as poison ivy, poison oak, and poison sumac. When in contact with skin, the sap oil (urushiol) of these plants can cause an allergic reaction. Burning these poisonous plants produces smoke that, when inhaled, can cause lung irritation.

Workers may become exposed through:

- Direct contact with the plant
- Indirect contact (touching tools, animals, or clothing with urushiol on them)
- Inhalation of particles containing urushiol from burning plants

### Symptoms of Skin Contact

- Red rash within a few days of contact
  - Swelling
  - Itching
  - Possible bumps, patches, streaking or weeping blisters
- NOTE: Blister fluids are not contagious

### First Aid

If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or degreasing soap (such as dishwashing soap) or detergent, and lots of water.
  - Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
  - Oatmeal baths may relieve itching.
- An antihistamine may help relieve itching.
  - NOTE: Drowsiness may occur.
- In severe cases or if the rash is on the face or genitals, seek professional medical attention.
- Call 911 or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past.



*Poisonous plants, from left to right: poison ivy, poison oak, poison sumac.*

*Images courtesy of U.S. Department of Agriculture.*

## Protect Yourself

- Wear long sleeves, long pants, boots, and gloves.
  - Wash exposed clothing separately in hot water with detergent.
- Barrier skin creams, such as lotion containing bentoquatam, may offer some protection.
- After use, clean tools with rubbing alcohol or soap and lots of water. Urushiol can remain active on the surface of objects for up to 5 years.
  - Wear disposable gloves during this process.
- Do not burn plants or brush piles that may contain poison ivy, poison oak, or poison sumac.
  - Inhaling smoke from burning plants can cause severe allergic respiratory problems.

When exposure to burning poisonous plants is unavoidable, employers should provide workers with:

- A NIOSH-certified half-face piece particulate respirator rated R-95, P-95, or better. This recommendation does NOT apply to wildland firefighters, who may require a higher level of protection.
- These respirators should protect against exposure to burning poisonous plants, but will not protect against all possible combustion products in smoke, such as carbon monoxide.
- Respirators must be worn correctly and consistently throughout the time they are used.
- For respirators to be effective there must be a tight seal between the user's face and the respirator.
- Respirators must be used in the context of a written comprehensive respiratory protection program (see OSHA Respiratory Protection standard 29 CFR 1910.134).
- For more information about respirators, visit [www.cdc.gov/niosh/npptl/topics/respirators/](http://www.cdc.gov/niosh/npptl/topics/respirators/)

**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health

[www.cdc.gov/niosh/topics/outdoor/](http://www.cdc.gov/niosh/topics/outdoor/)

DHHS (NIOSH) Publication No. 2010-118

Telephone: 1-800-CDC-INFO

TTY: 1-888-232-6348

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

22



SAFER • HEALTHIER • PEOPLE™



# Browntail Moth Caterpillars

## Fact Sheet

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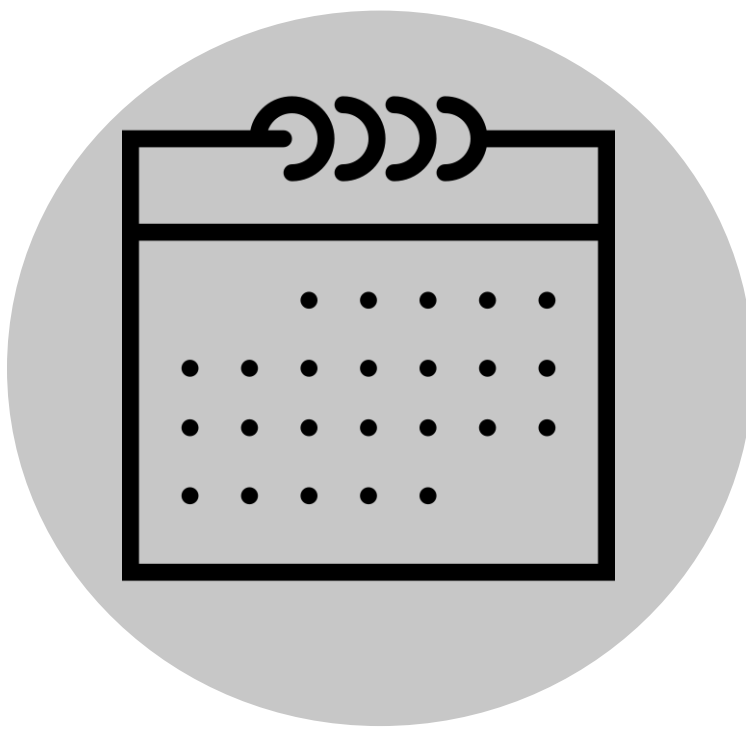


Browntail moth caterpillars have tiny poisonous hairs that can cause skin reactions similar to poison ivy and other more severe reactions.

The caterpillars may reach 1.5 inches in length and are brown with a broken white stripe on each side and two red/orange spots on the hind end.

Image from Maine Forest Service

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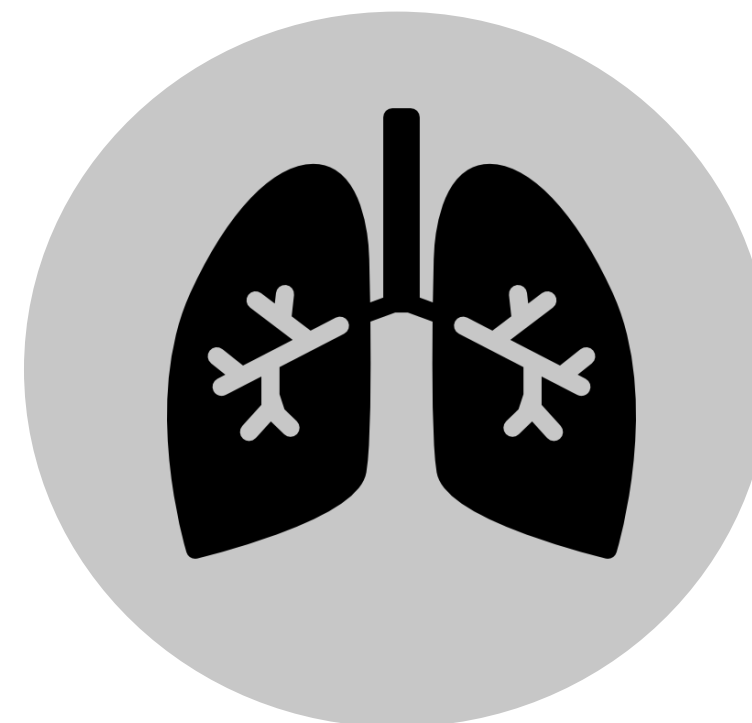
The caterpillars are active mid-April until early October. The hairs remain toxic for up to three years.

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## Signs and Symptoms



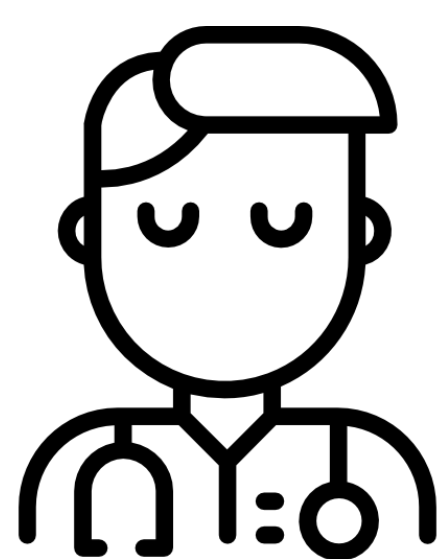
Skin Rash



Breathing and Other  
Respiratory Issues

Direct contact with hairs can cause a localized skin rash that may last a few hours to several days. The rash may be red, bumpy, and itchy. Certain people may have a more severe form of the rash that can last for a few weeks. In some cases, the hairs can be inhaled and can cause respiratory problems. The rash does not spread from one person to another.

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There is no specific treatment for browntail moth rash. Home remedies can help with symptoms. This can include a cool bath with baking soda, hydrocortisone cream, and calamine lotion. If you are having trouble breathing, swallowing, or swelling of your mouth, tongue, or throat, call 9-1-1.

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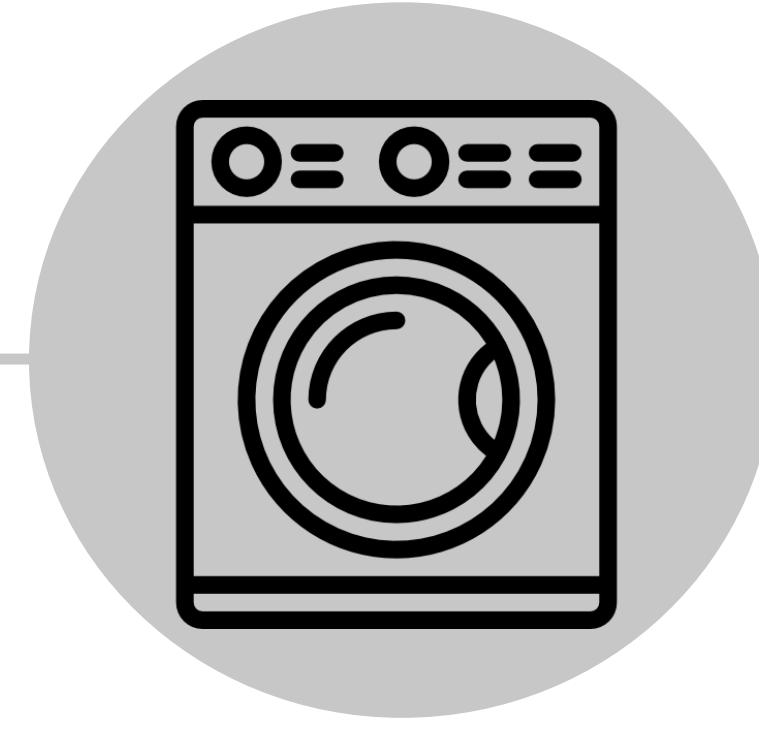
# Prevention



Take a cool shower and change clothes after activity in areas with browntail moths to wash off any hairs.



Wear a mask, goggles, and coveralls when doing any activity that can stir up browntail moth hairs, like raking leaves.



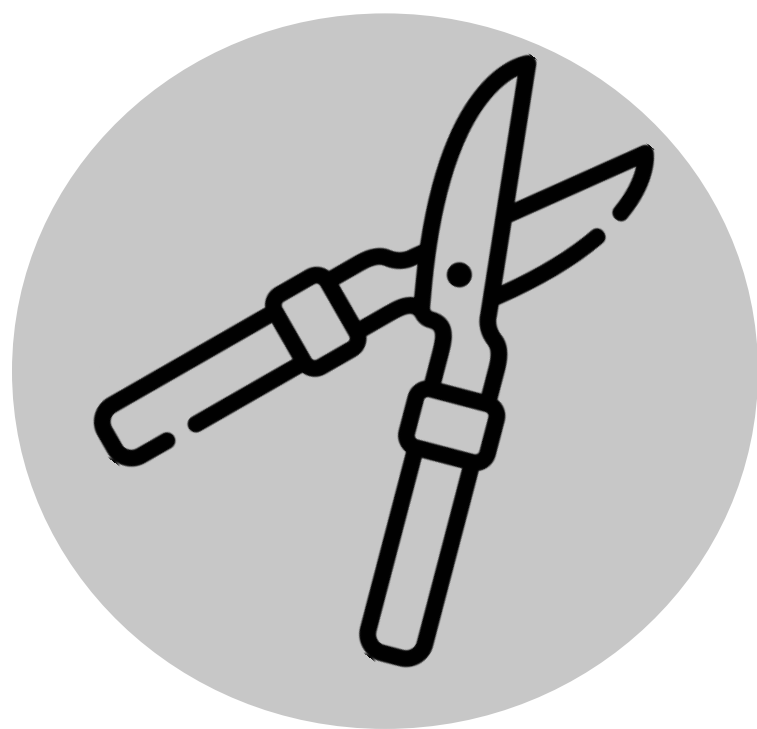
Dry laundry inside during June and July to prevent browntail moth hairs from getting on clothing.



Perform yard work and clipping on wet days so browntail moth hairs do not get stirred up.

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# Control



Clip browntail moth webs in the winter and very early spring



Hose down structures with caterpillars and vacuum up with a HEPA filter vacuum



Hire a licensed arborist/pesticide applicator

After clipping webs, destroy them by soaking in soapy water. Hire someone to treat affected trees before the end of May to prevent development of toxic hairs. Pesticide use within 250 feet of marine waters is restricted.

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# For More Information, Visit:



1. [www.maine.gov/dhhs/browntailmoth](http://www.maine.gov/dhhs/browntailmoth) (Including frequently asked questions)

2. [www.maine.gov/dacf/mfs/forest\\_health/invasive\\_threats/browntail\\_moth\\_info.htm](http://www.maine.gov/dacf/mfs/forest_health/invasive_threats/browntail_moth_info.htm) (Includes browntail moth risk map)

You can also contact 211 Maine by dialing 211, texting your zip code to 898-211, or emailing [info@211maine.org](mailto:info@211maine.org) for more information.



## Brown Tail Moth Rash OTC remedy

1/4 cup witch hazel

1/2 tube hydrocortisone cream

1/2 tube of diphenhydramine cream

1/4 tube aspercream or Lidocaine cream

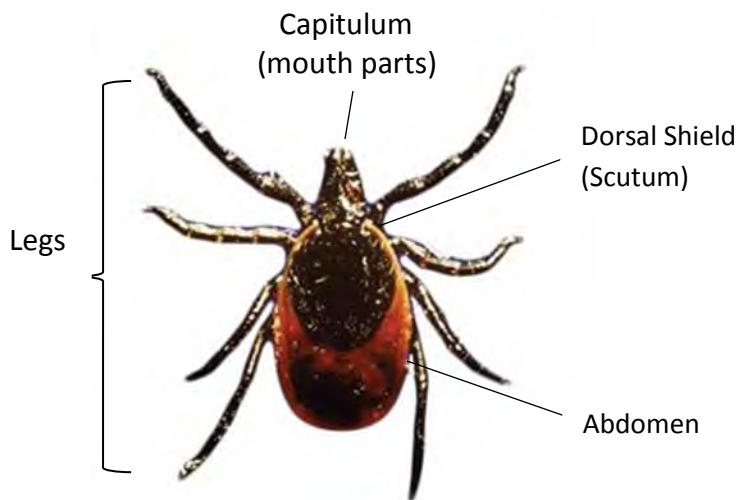
Place all in a plastic spray bottle and shake well, use as directed.

## Tick Identification

(2:31) <https://www.youtube.com/watch?v=0uflcWmJ5ig>

Key facts to take away from this video:

- 1) In Maine, dog ticks do not carry the pathogens that can cause disease. Deer ticks can carry the pathogens that can cause diseases such as anaplasmosis, babesiosis, Lyme, and Powassan.
- 2) Deer ticks have a dark red/brown scutum, whereas dog ticks have white on their scutum.
- 3) Deer ticks are active anytime the temperature is above freezing, but are most commonly seen between April and October.



**Deer Tick**



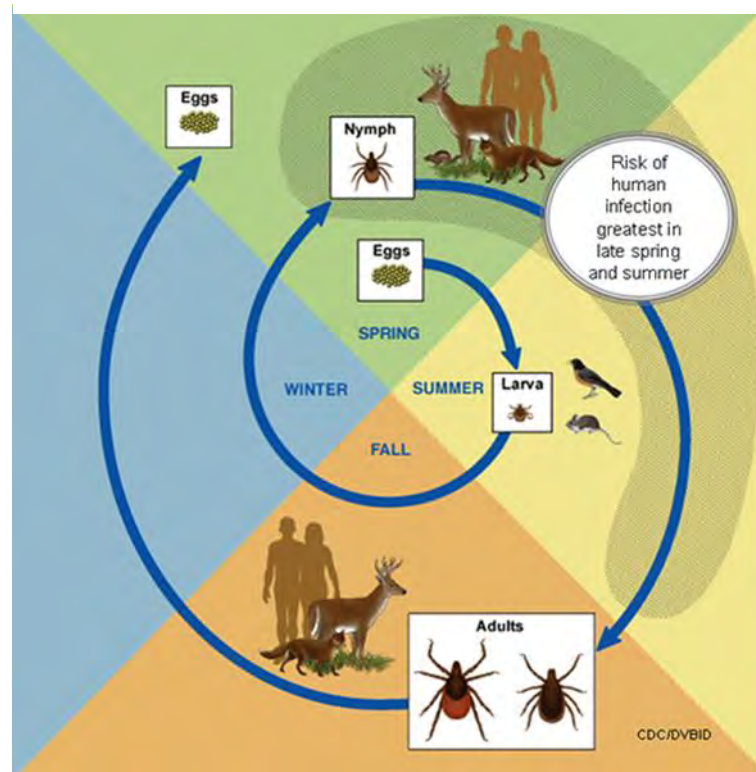
**Dog Tick**

- UMaine Cooperative Extension has a great website showing information on all 14 species of ticks potentially found in Maine. UMaine will also identify the species and level of engorgement for free on submitted ticks.
- UMaine Cooperative Extension:
  - Phone: 207.581.3880 or 800.287.0279
  - E-mail: [extension@maine.edu](mailto:extension@maine.edu)
  - Website: <https://extension.umaine.edu/ipm/tickid/submit/>

**All 14 Maine Tick Species:** American Dog Tick, Brown Dog or Kennel Tick, Deer Tick, *Ixodes angustus*, *Ixodes dentatus*, *Ixodes gregsoni*, Lone Star Tick, Mouse Tick, Rabbit Tick, Seabird Tick, Squirrel Tick, Winter Tick or Moose Tick, Woodchuck Tick.



## Tick Life Cycle



## FAQ

- Are dog ticks always larger than deer ticks? No, it depends on where each tick is in the life cycle but just because a tick is larger doesn't mean it's a dog tick. Use the scutum, or shield on the back of the tick, to identify the type of tick. A deer tick has a dark red/brown scutum whereas the dog tick has a white markings or racing stripes on the scutum.
- Are tick larvae infectious? No, they need a blood meal in order to become infected.
- How many blood meals do ticks take? Three, one to get through each stage in their lifecycle.

## Resources

- For more information, visit <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/tick-messaging.shtml> and click the Tick Ecology & Tick Testing box.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)  
[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

## Reducing Tick Habitat Around Your Home

(2:18) <https://youtu.be/UHu7E9J-A9I>

Key facts to take away from this video:

- 1) Mow your lawn, create a barrier, organize wood piles and rock walls.
- 2) Deer ticks prefer wooded and leafy coverage for their habitats.
- 3) Most deer tick encounters occur where your lawn meets a wooded area.



Create a barrier between  
your yard and the woods



Typical deer tick habitat



Japanese Barberry – *Berberis thunbergii*

- Ticks are unable to survive in open areas that are exposed to wind and sun, which dry them out.
- Remove Japanese Barberry (*Berberis thunbergii*) an invasive species that holds onto humidity and creates an ideal environment for ticks.

# FAQ

- Are there plants that will keep deer away? Some gardeners grow plants that deer don't like, for example rosemary, oregano, asparagus, and garlic, as a border.
- Does the length of the lawn affect ticks? There is no definitive length to keep your lawn, but mowing it regularly will reduce ticks.
- Is leaf litter helpful or a concern? Leaf litter needs to be cleared because it creates a tick habitat.
- What can you make a yard barrier with? Crushed rocks, wood chips, or larger rocks for a rock wall
- What's the recommendation on bird feeders? Maine CDC does not recommend bird feeders in the summer, but if you want one, make sure it is on the edge of your lawn because fallen seeds attract rodents which could carry ticks.

## Resources

- For more information, visit [maine.gov/dhhs/tickfaq](https://maine.gov/dhhs/tickfaq) and click the Tick Prevention & Property Management box.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

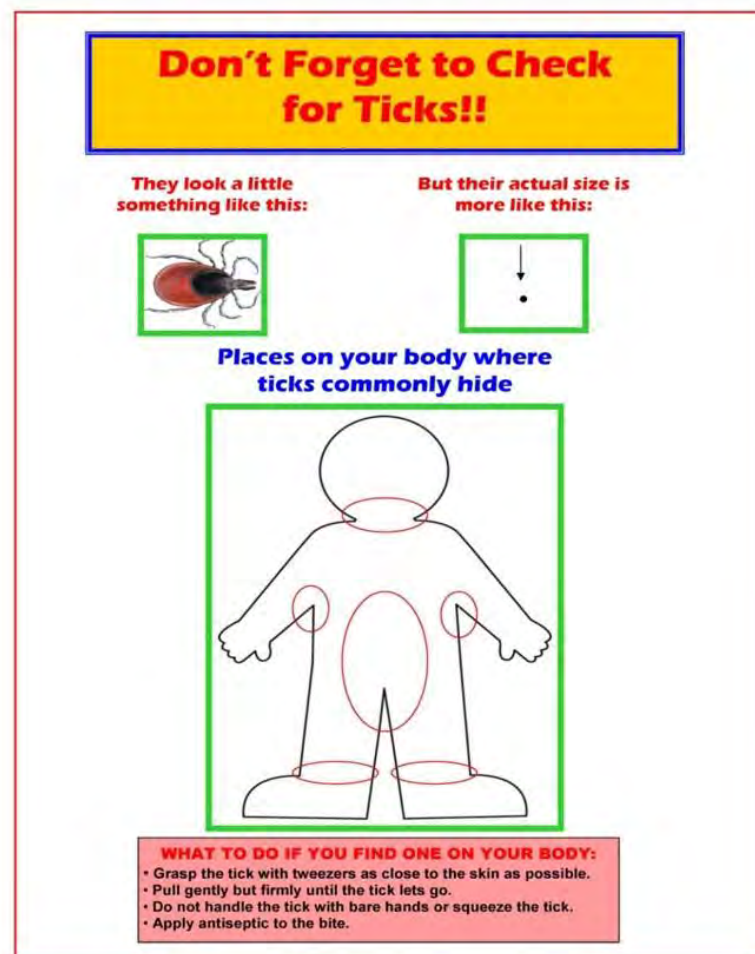
[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

# How To Perform A Tick Check

(2:07) <https://www.youtube.com/watch?v=4ORIWFgVyMc>

Key Facts to take away from this video:

- 1) The earlier you find a tick on your body and remove it, the better.
- 2) Spots where ticks like to hide on humans: hairline, behind ears, armpits, elbows, backs of knees, groin area and around ankles.
- 3) Taking a shower after being in a tick habitat will remove any unattached ticks and provide a good opportunity to perform a thorough tick check.



# FAQ

- How often should you perform a tick check? After every time you are in a tick habitat and at least once per day.
- Do I need to check my pets for ticks? Yes, your pets can pick up ticks any time they are in a tick habitat.
- What do you do with a tick after it's removed? The best way to kill a tick after it's removed is to put it in rubbing alcohol which will dry it out. You can find out more about removal and disposal of ticks by watching our tick removal video.

## Resources

- For more information, visit [maine.gov/dhhs/tickfaq](http://maine.gov/dhhs/tickfaq) and click the Tick Attachment & Tickborne Diseases box.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)



## How Do I Remove A Tick?

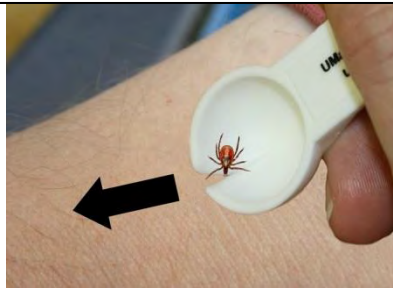
(2:59) <https://www.youtube.com/watch?v=XZ14TP7FSQk>

Key facts to take away from this video:

- 1) If you have tweezers, grasp the tick as close to the skin as possible and pull slowly out.
- 2) To use the tick spoon, slide the tick spoon from the side and gradually slide the tick off.
- 3) After the tick is removed, clean the wound with soap and water or alcohol.
- 4) **DO NOT USE:** petroleum products, matches, or your fingers to remove.



Place the spoon's notch on the skin near the tick. It can be used from any direction (the front, back, or side of the tick).



Apply slight downward pressure on the skin and slide the spoon forward so the notch is framing the tick. Continue sliding the spoon forward to detach the tick (do not pry, lever, or lift up).



Once the tick detaches, examine the bite site to make sure the mouthparts were completely removed. The tick can now be disposed of or saved for identification. Clean thoroughly with alcohol, iodine or soap and water.



Use the 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. The tick can now be disposed of or saved for identification.



After removing the tick, thoroughly clean the bite area, your hands, and the tweezers with rubbing alcohol, an iodine scrub, or soap and water.

Source: <https://extension.umaine.edu/ipm/tickid/tick-removal/>

# FAQ

- Why is it important to get close to the head versus squeezing the belly of a tick? If you squeeze the belly you'd be pushing the stomach contents into the skin increasing your risk of infection.
- What happens if the head of the tick is left in? It is not that big of a deal if the head of the tick is not fully removed, your body will expel it similar to a splinter...the body of the tick is no longer attached to transmit pathogens.
- What is the best way to kill a tick you find on your body? Put in rubbing alcohol.
- Can I submit a tick to test for Lyme or other pathogens? While the Maine CDC doesn't recommend submitting ticks for disease testing, because it will not tell you if the tick passed the pathogen to you, there are a couple places that do test ticks for pathogen. They are:
  - UMaine Cooperative Extension: <https://extension.umaine.edu/ipm/tickid/submit/>
  - UMass Laboratory of Medical Zoology: <https://www.tickreport.com/>
  - Medical Diagnostic Laboratories in New Jersey: <http://www.mdlab.com/>  
Phone Number: (877-269-0090)
  - UConn Vet Lab: <http://cvmdl.uconn.edu/service/tick.php>
- Do you recommend using tweezers, a tick spoon, or a tick key? It does not matter which one you use. The important thing is to remove the tick quickly and safely.
- Will flushing the tick kill it? No, it will not. Alcohol is the best way to kill a tick.

## Resources

- For more information, visit [maine.gov/dhhs/tickfaq](http://maine.gov/dhhs/tickfaq).

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

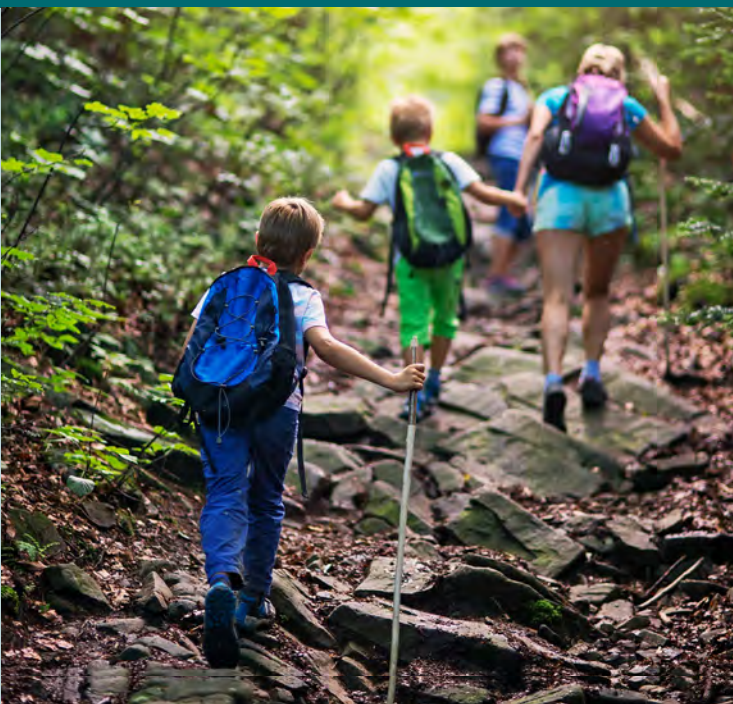
[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)



# Understanding Tick Bites and Lyme Disease



## How to prevent tick bites



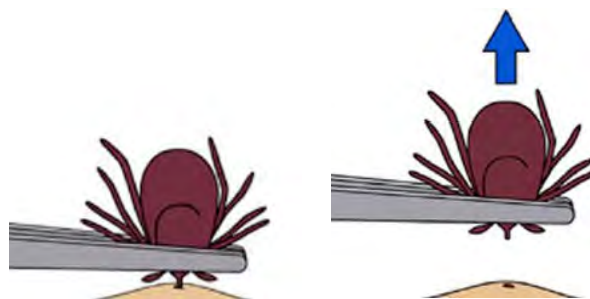
**Ticks can spread disease, including Lyme disease.**

### Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble 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.

## How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



### Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention





*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*

## When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

## Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.



***For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme) and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)***

# tick removal

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.



## Using a tick spoon:

- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

## Using tweezers:

- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

1-800-821-5821

[www.mainepublichealth.gov](http://www.mainepublichealth.gov)



Paul R. LaPage, Governor

Maine Center for Disease  
Control and Prevention  
An Office of the  
Department of Health and Human Services

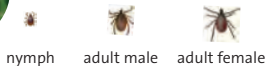
Mary C. Mayhew, Commissioner

# tick ID

KNOW THEM. PREVENT THEM.



Deer Tick (Black-Legged Tick)



nymph

adult male

adult female

(actual size)



nymph  
(1/32"–1/16")



adult  
(1/8")



engorged adult  
(up to 1/2")



Dog Tick



adult male



adult female

(examples are not actual size, dog tick nymphs are rarely found on humans or their pets)



## just the facts

### Deer Ticks

- Deer ticks may transmit the agents that cause Lyme disease, anaplasmosis, and babesiosis
- **What bites:** nymphs and adult females
- **When:** anytime temperatures are above freezing, greatest risk is spring through fall

### Dog Ticks

- Dog ticks do not transmit the agent that causes Lyme disease
- **What bites:** adult females
- **When:** April–August

## prevent the bite

- Wear light-colored protective clothing
- Use EPA-approved insect repellent on skin or clothing
- Use caution in tick infested areas
- Perform daily tick checks
- Protect your pets, use repellents, acaricides, and a Lyme disease vaccine for dogs

## lyme disease



Ticks usually need to attach for 24 hours to transmit Lyme disease.

Often, people see an expanding red rash (or bull's-eye rash) more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks.

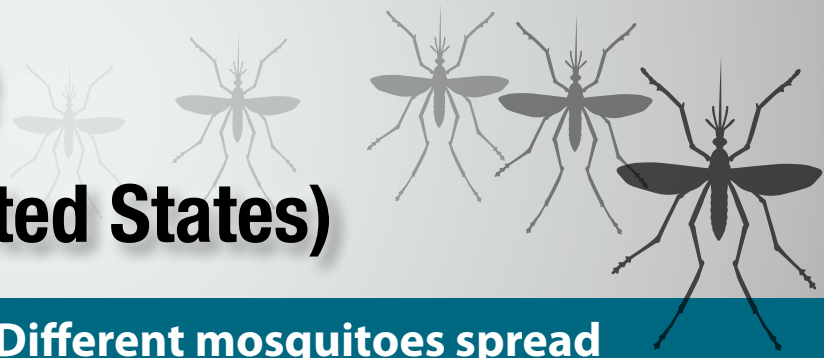
Other symptoms include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis



Deer ticks may also transmit the agents that cause other diseases such as babesia and anaplasmosis.

People that remove an engorged deer tick should consult their physician as quickly as possible.

# Mosquito Bite Prevention (United States)



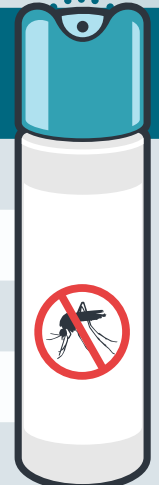
Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	
Higher percentages of active ingredient provide longer protection	
DEET	
Picaridin (known as KBR 3023 and icaridin outside the US)	
IR3535	
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	
2-undecanone	

Find the insect repellent that's right for you by using [EPA's search tool](#)\*.

\* The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)



# Protect yourself and your family from mosquito bites *(continued)*



- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

## Natural insect repellents (repellents not registered with EPA)

- ◆ The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- ◆ To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- ◆ When used as directed, EPA-registered insect repellents are proven safe and effective. For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

## If you have a baby or child



- ◆ Always follow instructions when applying insect repellent to children.
- ◆ Do not use insect repellent on babies younger than 2 months of age.
- ◆ Dress your child in clothing that covers arms and legs, or
- ◆ Cover crib, stroller, and baby carrier with mosquito netting.
- ◆ Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.
- ◆ Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

## Treat clothing and gear



- ◆ Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

## Mosquito-proof your home



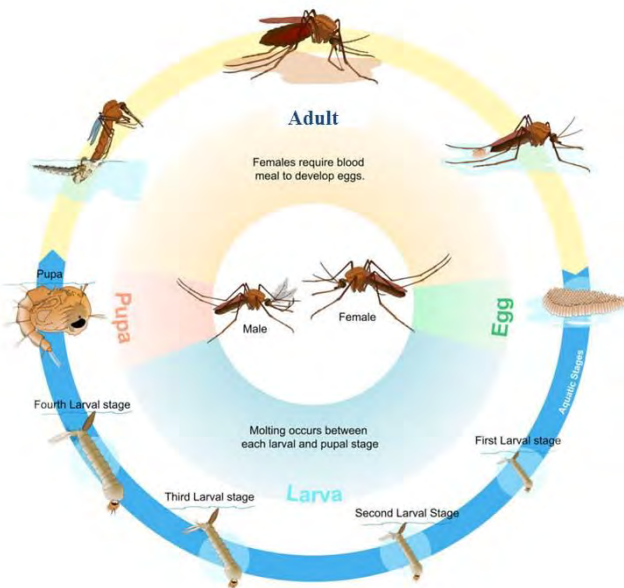
- ◆ Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- ◆ Use air conditioning when available.
- ◆ Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.



# Mosquito Biology

(2:22) <https://www.youtube.com/watch?v=yJc5fDMN-v4>

- 1) Mosquitoes have antennae, a proboscis, wings, legs, head, eyes, thorax, and an abdomen.
- 2) The mosquito life cycle relies heavily on water, from eggs until adulthood.
- 3) Mosquitoes fly between 1 and 7 miles from their breeding ground, but generally they only fly as far as the nearest food source.



# FAQ

- Do male mosquitoes bite humans? Only the female mosquitoes feed on humans, the male mosquitoes feed on plant nectar.
- How much water is necessary for mosquitoes to breed? As little as a water bottle cap-full.
- How long do mosquitoes live? On average female mosquitoes live two to three weeks, but in ideal conditions they can live up to eight weeks. Male mosquitoes live about ten days on average.

## Resources

- For more information, visit [maine.gov/dhhs/mosquitofaq](http://maine.gov/dhhs/mosquitofaq) and click the Mosquito Ecology & Mosquito Testing box.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

# Reducing Mosquito Habitat Around Your Home

(1:33) <https://youtu.be/wJxCqUbSKME>

Key facts to take away from this video:

- 1) Stagnant water around your house and yard are ideal places for mosquitoes to breed.
- 2) Because mosquitoes need approximately 2 weeks to complete the lifecycle, remove standing water from sources around your home such as flower pots, tires, bird baths, and children's toys once a week.
- 3) Unmounted car tires are the most common mosquito habitat in the United States.



- Common places to check for standing water include:
  - Gutters
  - Bird baths
  - Children's toys
  - Pots and planters
- For items that can't be turned over (i.e. large planters), consider drilling holes so water can drain
- Check and repair screens around your home to prevent mosquitoes from entering the house

# FAQ

- Do dragonflies and bats eat mosquitoes? Yes they do, but not enough to make a difference.
- Are products like mosquito dunks and magnets effective? They can be, but make sure to read and follow directions carefully.
- How often does standing water need to be emptied? Different sources will say different time periods but Maine CDC recommends once a week
- How many species of mosquitoes are there in Maine? There are 45 known species in Maine, less than half are known to be able to carry the viruses that can cause disease.

## Resources

- For more information, visit [maine.gov/dhhs/mosquitofaq](https://maine.gov/dhhs/mosquitofaq) and click the Mosquito Prevention & Property Management and Mosquito Ecology & Mosquito Testing boxes.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

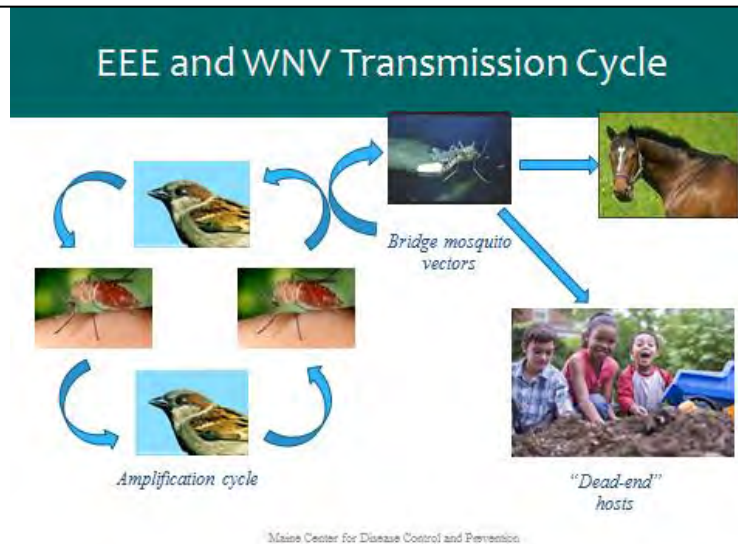
[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

## Protect Yourself From Mosquito-borne Diseases

(3:03) [https://www.youtube.com/watch?v=\\_ViBJd688nw](https://www.youtube.com/watch?v=_ViBJd688nw)

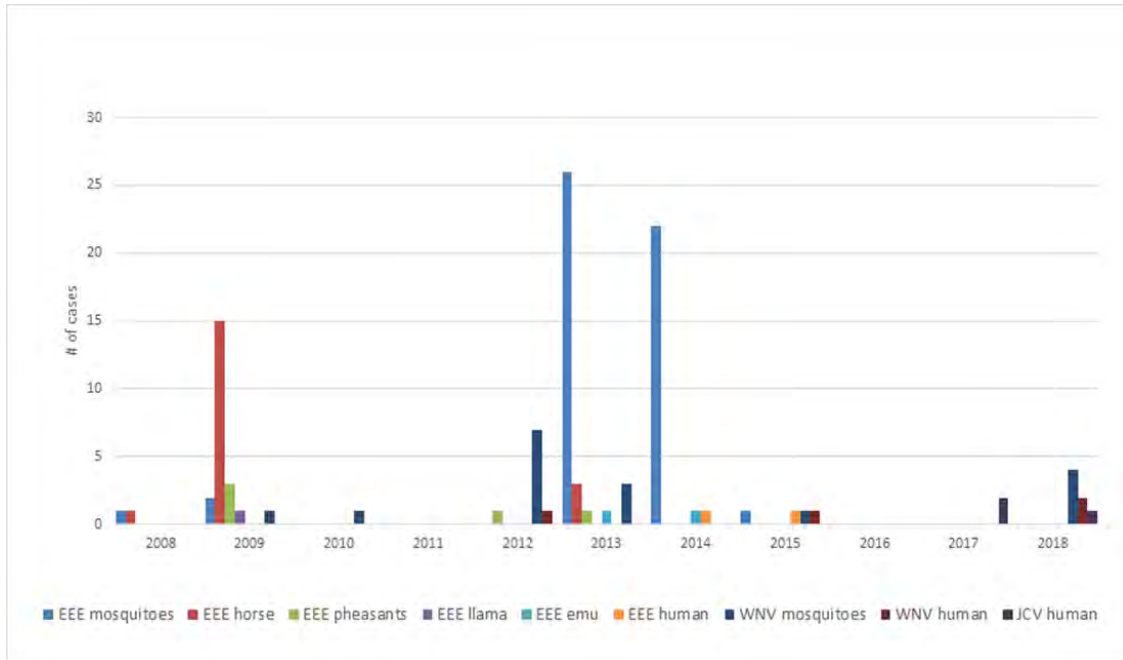
Key facts to take away from this video:

- 1) Mosquitoes can transmit viruses that can cause diseases such as West Nile (WNV), Eastern Equine Encephalitis (EEE), and Jamestown Canyon virus disease.
- 2) Symptoms of WNV and EEE are similar and include; fever, headaches, body aches, nausea, rash and swollen glands.
- 3) There is no treatment for WNV or EEE, patients with these diseases can only receive supportive therapy.



- EEE & WNV are caused by a virus transmitted via an infected mosquito.
- Humans (and other large mammals, i.e. horses) are dead-end hosts, meaning that we do not have a high enough viral load to infect another mosquito that may bite us.
- Those who are fifty years old and older, as well as fifteen years old and under are at an increased risk for contracting EEE and WNV.
- There is currently a vaccination for horses however, none exists for humans.
- WNV can be transmitted through blood transfusions, organ transplants, pregnancy, and breast feeding.
- 70-80% of individuals infected with West Nile virus will show no symptoms.
- Many of those infected with EEE will show no symptoms, but half of those that do show symptoms will die from the disease.





## FAQ

- Are we at risk for Zika? We are currently not at risk for Zika from mosquitoes here in Maine; we do not have these types of mosquitoes. There is still a risk for transmission from travel and sexual transmission.
- Where mosquitoes feed on birds is it recommended to not feed birds in the summer? It is not recommended to feed birds in the summer as the bird food dropping can also bring along rodents and ticks, and bird baths can bring mosquitoes
- What other viruses can mosquitoes in Maine carry? Mosquitoes in Maine can carry Jamestown Canyon virus. Initial signs and symptoms include fever, muscle aches, fatigue, dizziness, and headache. These signs and symptoms can occur within 3 to 14 days after a bite from an infected mosquito. About half of the reported infections result in hospitalization.

## Resources

- For more information, visit [maine.gov/dhhs/mosquitofaq](http://maine.gov/dhhs/mosquitofaq) and click the Mosquito Prevention & Property Management and Mosquito-borne Diseases boxes.
- For more information on EEE, visit [maine.gov/dhhs/EEE](http://maine.gov/dhhs/EEE)
- For more information on WNV, visit [maine.gov/dhhs/westnile](http://maine.gov/dhhs/westnile)
- For more information on Zika, visit [maine.gov/dhhs/zika/](http://maine.gov/dhhs/zika/)

## Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

## Choosing and applying personal repellents

(4:11) [https://www.youtube.com/watch?v=7i38s-L\\_Wlg](https://www.youtube.com/watch?v=7i38s-L_Wlg)

Key facts to take away from this video:

- 1) Mosquitoes and ticks can carry pathogens that can cause disease. Maine CDC recommends applying personal repellent to help prevent tick and mosquito bites.
- 2) Make sure ticks and/or mosquitoes are listed on the label if you want protection from one or both pests.
- 3) Make sure the product is approved for use by the Environmental Protection Agency (EPA). Read the label carefully and follow directions when applying repellent.

When applying personal repellents:

1. Use only enough repellent to cover skin which will be exposed
2. More repellent does not equal more protection
3. Do not apply repellent to open cuts or irritated skin
4. Do not spray repellent directly onto face, spray onto hands and then rub on face
5. Do not spray repellent in enclosed areas or near food
6. Wash skin with soap and water after returning indoors

The EPA label



- Repellents approved by the EPA for use on skin include: DEET, IR3535, Oil of Lemon Eucalyptus, and Picaridin.
- Repellents approved by the EPA for use on clothing include Permethrin.
- To find the insect repellent that is right for you, please visit:  
<https://www.epa.gov/insect-repellents/find-insect-repellent-right-you>

# FAQ

- Are botanical products effective? They do not require EPA approval, so they are not subject to safety and efficacy standards. Maine CDC cannot guarantee safety or effectiveness. The natural repellent approved by the EPA is the oil of lemon eucalyptus.
- What about 100% DEET? 100% DEET is no more effective than 50% DEET.
- What is safe for children? The CDC and American Pediatrics Association approves up to 30% DEET for children older than 2 months. DEET should not be used on children under 2 months of age. Oil of Lemon and Eucalyptus is also not recommended for children under the age of 2 years.
- What about products to control mosquito populations from the egg/larval stage? Products for controlling larval mosquitoes (granules, donuts, or briquettes) are used to kill immature mosquitoes where they breed. Do not apply to deep or running water or water with fish or frogs. Note: a permit is required for larvicides applied to waters in Maine, contact the Department of Environmental Protection.
- Does my town spray for mosquitoes or ticks? You can find out which municipalities have pesticide ordinances at:  
[http://www.maine.gov/dacf/php/pesticides/public/municipal\\_ordinances.shtml](http://www.maine.gov/dacf/php/pesticides/public/municipal_ordinances.shtml)

## Resources

- For more information, visit [maine.gov/dhhs/mosquitofaq](http://www.maine.gov/dhhs/mosquitofaq) and click the Mosquito Prevention & Property Management box.

### Questions you still can't answer?

[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)

[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)

## How to Choose a Residential Pesticide Applicator

(3.47) [https://www.youtube.com/watch?v=hT3qeuh\\_t0](https://www.youtube.com/watch?v=hT3qeuh_t0)

Key facts to take away from this video:

- 1) Look for a company which uses integrated pest management (IPM) programs.
- 2) Ask for Environmental Protection Agency (EPA) certified chemicals and read labels.
- 3) Ask for a written contract and proof of licenses.



**[www.gotpests.org](http://www.gotpests.org)**

- Application of residential pesticides can reduce human exposure to pests which can carry dangerous pathogens.
- Asking friends, neighbors, or local businesses can give you a good idea of reliable applicators in your area.
- The Board of Pesticide Control publishes a list of licensed companies you can check to make sure you are getting a licensed professional. [www.thinkfirstspraylast.org](http://www.thinkfirstspraylast.org).
- A good company will make a plan for your home including the pests found, extent of the problem, and pesticides they intend to use.

To find further information on repellents see the Board of Pesticide Control:

**Website:** [http://www.maine.gov/dacf/php/pesticides/applicators/applicator\\_resources.html](http://www.maine.gov/dacf/php/pesticides/applicators/applicator_resources.html)

**Phone:** 207-287-2731

**Email:** [pesticides@maine.gov](mailto:pesticides@maine.gov)

# FAQ

- Where can I find a licensed pesticide application company in Maine? The Maine State Pesticide Control Board offers a list of licensed companies offering tick and mosquito control services.
  - <http://www.maine.gov/dacf/php/gotpests/bugs/tick-mosquito-companies.htm>

## Resources

- For more information, visit [maine.gov/dhhs/mosquitofaq](http://maine.gov/dhhs/mosquitofaq) and click the Mosquito Prevention & Property Management box.

**Questions you still can't answer?**  
[Disease.reporting@maine.gov](mailto:Disease.reporting@maine.gov)  
[PHC.DHHS@maine.gov](mailto:PHC.DHHS@maine.gov)



# Staying Safe Around Bees and Wasps

Bee (honey and bumble) and wasp (hornet, yellow jacket, and paper wasp) stings all contain a substance called venom. It is this venom that can cause pain and other symptoms. Bees will aggressively defend their colony. Like bees, wasps will sting in defense of their colony or themselves. Wasps can be a significant nuisance in Maine, especially in mid to late summer when colonies reach peak numbers and become aggressive scavengers, sometimes stinging without being provoked.

## How can I protect myself from being stung?

### • Don't Attract Them

- Avoid wearing bright colors or flower-patterned clothing.
- Avoid wearing fragrant perfumes, cologne, soaps, or hair products.
- Keep food and drink covered or under screens when eating outdoors.
- Clean up and dispose of food and garbage properly as some insects are attracted to discarded food.

### • Avoid Being Attacked

- Remain calm and still if a single bee or wasp is flying around you. Swatting may provoke it to sting.
- If you are attacked by several stinging insects, run to get away from them. Some bees release chemicals when they sting which attracts other nearby bees.
- If a stinging insect flies inside your vehicle, stop the car slowly, and open all the windows.



honey bee

bumble bee



wasp

hornet

## If I am stung, what should I do?

Typically, symptoms of a bee or wasp sting are localized pain, swelling, itching, and mild redness at the sting site. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may cause death. If you have a known allergy to stings from a bee, wasp, yellow jacket, or similar insect you should always carry an anaphylaxis kit and wear a medical ID bracelet or necklace stating your allergy.

### First Aid

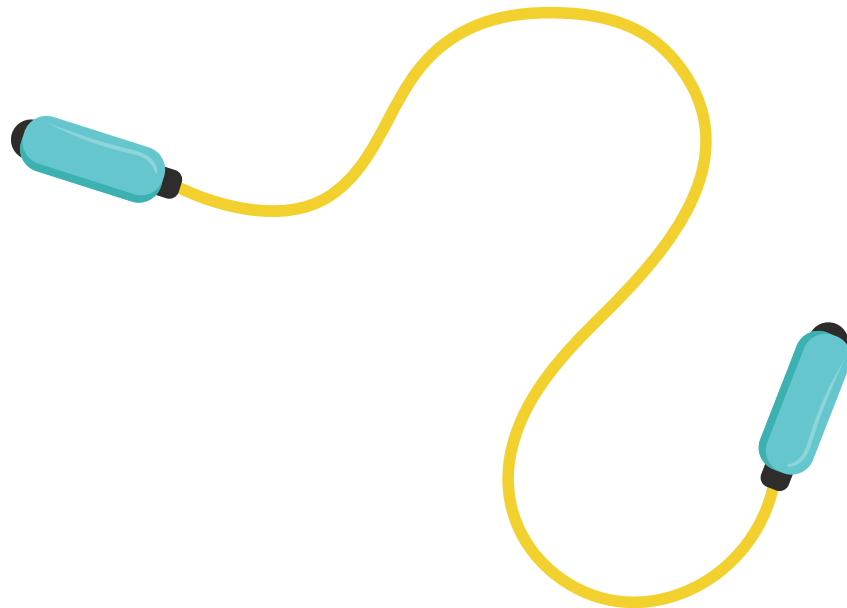
- Clean the area thoroughly with soap and water.
- Remove the stinger by wiping gauze over the area or by scraping a fingernail over the area.
- Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Do not scratch the sting as this may increase swelling, itching, and risk of infection.

### Allergic Reactions

#### Call 911 if any of these signs occur:

- Trouble breathing, wheezing, or shortness of breath.
- Swelling anywhere on the face or in the mouth.
- Throat tightness or difficulty swallowing.
- Feeling faint or dizziness.
- Turning blue.

# EXERCISE & MOVEMENT



# Walking for Your Health

Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. Walking is free to do and easy to fit into your daily routine. All you need to start walking is a sturdy pair of walking shoes.

## Health Benefits of Walking

- **Burn calories.** Walking can help you burn calories. Burning calories can help you maintain or lose weight. Your actual calorie burn will depend on several factors, including:
  - Walking speed
  - Distance covered
  - Terrain (You burn more calories walking uphill than on a flat surface.)
  - Your weight
- **Strengthen the heart.** Walking has been found to reduce your risk of cardiovascular events, which is any incident that causes damage to your heart, such as a heart attack.
- **Can help lower your blood sugar.** Taking a 15-minute walk after meals can help improve blood sugar levels.
- **Ease joint pain.** Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints.
- **Boosts immune function.** Walking may reduce your risk for developing a cold or the flu. That's because physical exercise like walking increases the amount of white blood cells circulating in your blood. These cells fight infection and other diseases as part of the body's immune system.
- **Boosts your energy.** Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels.
- **Improve your mood.** Aerobic exercise including walking can help you feel more relaxed, reduce stress, and fight depression. The reason aerobic workouts lift our spirits seems related to their ability to reduce levels of natural stress hormones, such as adrenaline and cortisol.
- **Tone your legs.** Walking can strengthen the muscles in your legs. To build up more strength, walk in a hilly area or on a treadmill with an incline. Or find routes with stairs.
- **Creative thinking.** Walking may help clear your head and help you think creatively. Try to initiate a walking meeting with your colleagues the next time you're stuck on a problem at work.
- **Extend life expectancy.** Walking has been linked to a decreased risk of mortality, or a longer life expectancy. The longer and faster you walk, the more it increases your life expectancy.

As a reminder, the Living Resources Program is a rich benefit offered to State of Maine employees, providing a plethora of resources on numerous health and wellness topics, including walking!

You can access the Living Resources website to gather more information and resources by visiting [www.GuidanceResources.com](http://www.GuidanceResources.com) and using the Web ID: **LivingME**

Walking apps come in two basic types. Apps that primarily track your walking workouts show your speed, distance, and route. Pedometer apps track your all-day steps and activity. The good news is that many apps do both by using the GPS and accelerometer chip in your mobile phone. Many also connect with your other fitness wearables, which can help you track treadmill workouts. Try the following free walking apps available in your app store:

- [Map My Walk](#)
- [Walkmeter Walking & Hiking GPS by Abvio](#)
- [Argus by Azumio](#)
- [Fitbit App MobileTracker \(No Fitbit Required\)](#)
- [Endomondo](#)
- [Charity Miles](#)
- [Virtual Walk](#)



## Check out some of the Community Resources:

- **[Portland Trails:](#)** A network of trails in the greater Portland area.
- **[Kennebec River Rail Trail:](#)** A 6.5-mile public trail that runs alongside the existing railroad bed and the Kennebec River. The trail connects the communities of Gardiner, Farmingdale, Hallowell, and Augusta.
- **[The Augusta Education Center:](#)** Operated by the Augusta Nature Club (ANC) of Augusta, Maine. It offers a network of trails for walking, running, biking, snow shoeing, cross-country skiing, sledding, photography, painting, geocaching, wildlife observation, and relaxing. You will find nearly 5 miles of trail that wind throughout 175 acres of meadow and forest revealing historic granite quarries, small waterfalls, quiet lily ponds, active beaver ponds, and other flowers and wildlife that are native to Maine.

Looking for a walking schedule? This **[12-week walking schedule](#)** from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor. Aim to walk at least five days a week. Start out warming up with a five-minute, slower paced walk. Slow your pace to cool down during the last five minutes of your walk. Start at a pace that's comfortable for you.

For questions or additional resources, please contact your Health & Wellness Navigation Team:

[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org)  
(207) 620-9209



# GET THE RIGHT SNEAKS

You don't have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.



## LOOK FOR A SHOE THAT:



**PROVIDES SUPPORT AND CUSHIONING FOR YOUR ACTIVITY AND FOOT TYPE (ESPECIALLY ARCH HEIGHT)**



**IS JUST FLEXIBLE ENOUGH TO BEND NEAR THE BALL OF THE FOOT**



**OFFERS STABLE HEEL SUPPORT (THE HEEL CUP DOESN'T EASILY COLLAPSE INWARD)**



**HAS A THICK ENOUGH HEEL TO ABSORB SHOCK**



## SIZE IT UP:



**GET FITTED AT THE END OF THE DAY, WHEN YOUR FOOT TENDS TO BE THE BIGGEST**



**HAVE YOUR FOOT MEASURED AT AN ATHLETIC STORE EACH TIME YOU BUY SHOES**



**WEAR YOUR USUAL ATHLETIC SOCKS WHEN TRYING ON SHOES**



**ALLOW A FINGER'S WIDTH OF SPACE BETWEEN YOUR LONGEST TOE AND THE END OF THE SHOE**



**WALK OR RUN AROUND THE STORE IN THE SHOES FOR ABOUT 10 MINUTES**

## BONUS ROUND:

**REPLACE WHEN THE TREAD IS WORN DOWN OR UNEVEN, USUALLY AFTER 350 TO 500 MILES OF RUNNING**



# **KEEP IT COOL DURING WARM WEATHER WORKOUTS**

With the sun shining bright, it's the perfect time to take your workout outside! Use these tips and tricks to stay cool as you Move More all summer long.



## **TIME IT RIGHT**

- Get outside during the coolest parts of the day, like the morning or evening
- Avoid outdoor activity from 12-3 PM, the hottest part of the day
- Give yourself time to warm up and cool down before each activity



## **STAY HYDRATED**

- Drink water before, during and after activities, even if you don't feel thirsty
- Fuel up with hydrating fruits and veggies, smoothies and infused water
- Carry a water bottle or hydration pack with you for easy hydration



## **DRESS FOR COMFORT**

- Wear lightweight, light-colored clothes made with moisture-wicking fabrics
- Lace up with breathable shoes, lightweight socks and supportive insoles
- Protect yourself with sunglasses, waterproof sunscreen and a hat or visor



## **MAKE IT FUN WITH WARM-WEATHER ACTIVITIES LIKE:**



Swimming



Hiking



Outdoor Yoga

For more ideas on staying active, visit  
**HEART.ORG/MOVEMORE**



Healthy For Good™

EAT SMART ADD COLOR MOVE MORE BE WELL





# Grab a mat: The many benefits of yoga

**BY THE NUMBERS** What do a cow, a warrior, and a tree have in common? They're all poses in yoga, a wellness exercise that research has shown can reduce stress and increase flexibility and muscle tone.

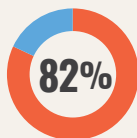
Many people practice yoga to ease feelings of anxiety, like worry or fear. Yoga's combination of physical poses, breathing exercises, and meditation may help quiet the mind as the body builds strength. Research studies suggest that yoga may also improve sleep, reduce some chronic pain, and help people lose weight.

September is National Yoga Awareness Month. So, if you've been waiting to try it, now's the time! There are different styles of yoga for any fitness level.



About **1 in 7** U.S. adults practiced yoga in the past 12 months.

**82%** of U.S. adults who practiced yoga said it improved their overall health and made them feel better.



**63%** of U.S. adults said yoga motivated them to exercise more regularly.

**59%** of U.S. adults who practiced yoga said it improved sleep.



**SOURCES:** National Center for Complementary and Integrative Health; Centers for Disease Control and Prevention's National Center for Health Statistics

# DRESS FOR WORKOUT SUCCESS

Sometimes the right gear can make or break your sweat sesh. With a few simple tweaks, you can get your wardrobe workout-ready in no time.

## STAY WELL-HEELED

- Get fitted by a professional at an athletic store.
- Give your feet room to swell with a slightly larger size than you'd typically wear.
- Choose a shoe based on comfort, not on its construction.
- Replace your shoes when they no longer feel supportive.

## BE SEEN

- Wear lighter colors to stay visible at dawn and dusk.
- Use reflective clothing, tape and vests.
- Attach LED lights or reflectors to your shoes.

## SUPPORT YOURSELF

- Invest in a sports bra that's supportive but not too tight.
- Men need support too! Spring for some breathable athletic underwear.

## WEATHER UP

- Choose moisture-wicking fabrics instead of cotton.
- When it's cold, dress in layers.
- Invest in a lightweight rain jacket with air vents.
- Wear hats, scarves and gloves to keep warmth in.

## PROTECT YOUR SKIN

- Avoid blisters with double-layered athletic socks.
- Wear thin layers with flat seams to reduce chafing.
- Look for UV-blocking clothing, hats and sunglasses.





# How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



## **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



## **Move More, Sit Less**

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



## **Add Intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



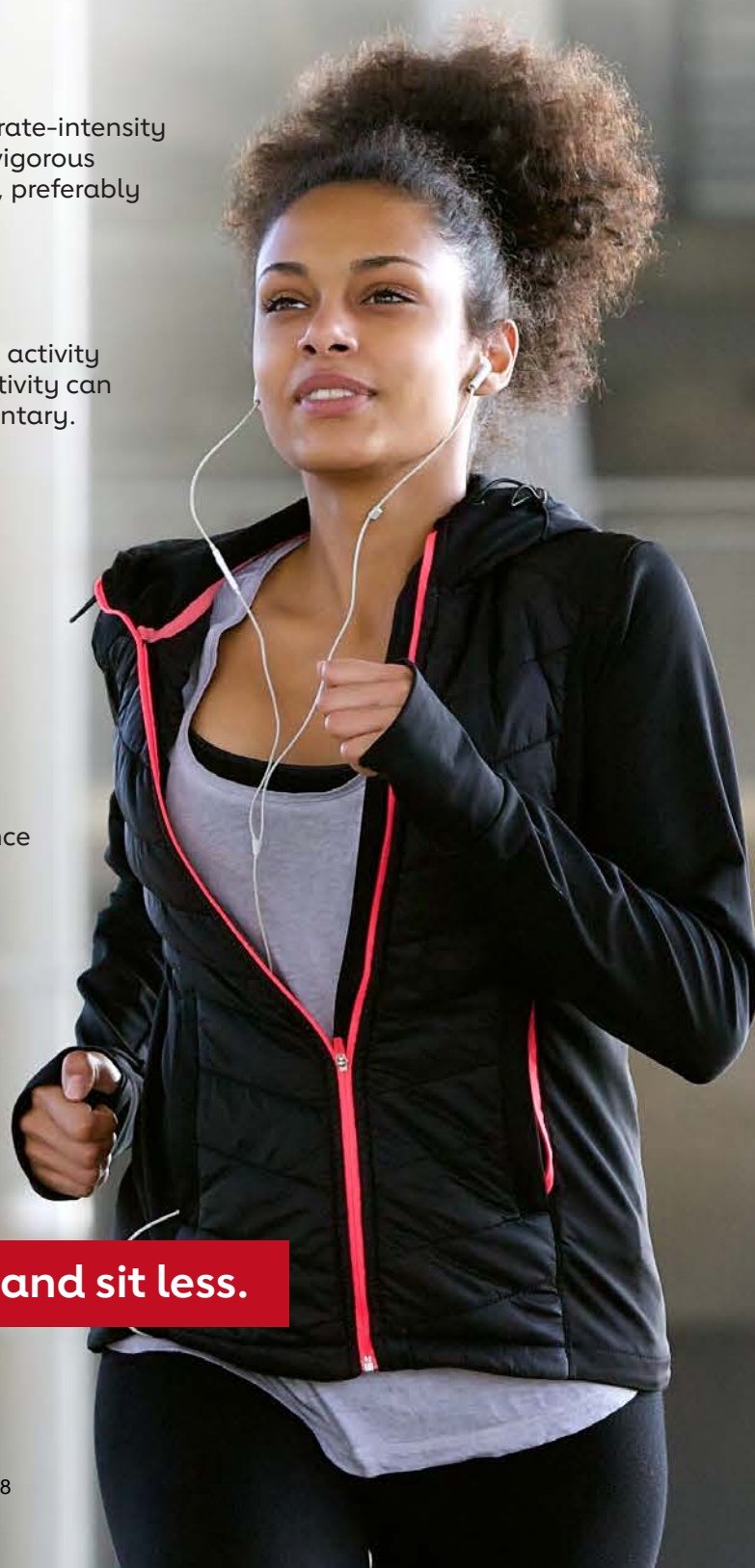
## **Add Muscle**

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



## **Feel Better**

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



**Move more, with more intensity, and sit less.**

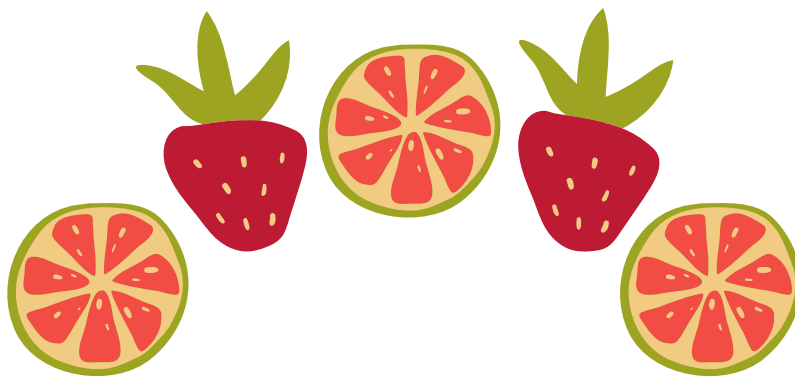
Find out how at [heart.org/movemore](https://heart.org/movemore).

# Activity Log

DATE	TYPE OF ACTIVITY	TOTAL MINUTES	HOW I FELT

Personal Goals: \_\_\_\_\_

# HEALTHY EATING



# HEAT STRESS Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine  
Color  
Test

WELL  
HYDRATED

HYDRATED

DEHYDRATED  
Drink water!

SEVERELY DEHYDRATED  
Drink water immediately!

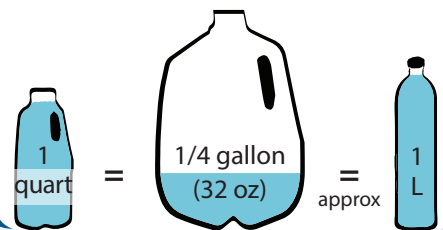
## Hydrate *Before* Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

## Hydrate *During* Work

- Drink before feeling thirsty. **By the time you feel thirsty, you are already behind in fluid replacement.** Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
  - This translates to  $\frac{3}{4}$ –1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

How much water is that?



## Hydrate *After* Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.



## What to Drink

### Water

**Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.**

Photo by ©Thinkstock

## What to Avoid

### Energy Drinks

- Some energy drinks contain much more caffeine than standard servings of coffee, tea, or soft drinks.
- Drinking several energy drinks per day can raise your caffeine levels enough to affect your heart. High caffeine levels can be risky when added to the strain placed on your body by heat.
- Many energy drinks contain as much or more sugar as soft drinks, which adds hundreds of extra calories to your diet.

### Alcohol

- Alcohol can cause dehydration.
- Drinking alcohol within 24 hours of working in the heat can increase the risk of heat illness.

## What about salt tablets?

NIOSH does not recommend taking salt tablets. In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

## What about caffeine?

The amount of caffeine in tea, coffee, and soft drinks probably will not have an effect on overall hydration.

## Do I need sports drinks?

In general, eating regular meals with adequate water intake is sufficient to maintain water and electrolyte balance.

For prolonged sweating lasting several hours, sports drinks with balanced electrolytes are another option to replace salt lost in sweat.

Heavy consumption of sports drinks will add unnecessary calories to your diet due to the added sugar.

# SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

## REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

## WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

## THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly  
**20 TEASPOONS**  
of added sugars **EACH DAY.**

That’s more than **TRIPLE** the  
recommended daily limit for women  
and **DOUBLE** for men!

Sugar-sweetened beverages  
like soda and energy/sports  
drinks are the

**#1 SOURCE OF  
ADDED SUGARS  
IN OUR DIET.**

A can (12 FL OZ) of  
regular soda has about  
**150 CALORIES AND  
10 TEASPOONS**  
of added sugar.

## TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



### START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

**REPLACE** most of your drinks with water.

**REDUCE** the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

**ADD** plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



### CHOOSE WATER.

Make water the easy, more appealing go-to choice:

**CARRY** a refillable water bottle.

**ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

**TRY** seltzer, club soda or sparkling water if you crave the fizz.



### MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](https://www.heart.org/recipes).



## READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

**EAT SMART** **ADD COLOR** **MOVE MORE** **BE WELL**

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/EATSMART](https://www.heart.org/eatsmart)



# Rethink Your Drink!



Summer is here and it is a wonderful season for outdoor activities and spending time with friends and family. For some people, these activities including drinking alcoholic beverages, but drinking too much can be harmful to your health. Excessive alcohol use includes binge drinking (five or more drinks on an occasion for men, and four or more drinks on an occasion for women), heavy drinking (15 or more drinks a week for men and eight or more drinks a week for women), and any alcohol use by pregnant women or anyone younger than 21.

## How can excessive alcohol use affect my health?

### Short term effects may include:

- Increased levels of anxiety and depression.
- Increased risk of family problems and violence.
- Altered thoughts, judgment, and decision-making.
- Poor sleep quality, which makes it more difficult to deal with stress.

### Long term effects may include:

- Increased risk of developing liver disease, cancer, heart disease, stroke, high blood pressure, and birth defects.
- Developing problems with learning, memory, and mental health as well as alcohol use disorder.
- Weakening of the immune system, increasing the chances of getting sick.



## Preventing Excessive Alcohol Use

- Rethink your drink. The [Dietary Guidelines for Americans](#) advises that adults who choose to drink should do so in moderation—defined as up to 1 drink per day for women and up to 2 drinks per day for men. However, the guidelines do not recommend that people start drinking for any reason.
- To cope with stress and anxiety especially during these times, consider healthier options such as exercise, meditation, or reaching out to friends and family.

For more information on preventing excessive alcohol use, alcohol basic facts, and for a number of other resources, click the button below:



The Living Resources Program (EAP) offers a number of alcohol awareness resources and services such as no-cost counseling that can help with issues such as stress, anxiety, depression, grief, etc. To learn more, click the button below:

For more information about your benefits, click [here](#) or contact WellStarME at [wellstar@mcd.org](mailto:wellstar@mcd.org) or 207-620-9202.



# CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.

*The American Heart Association recommended daily limit for added sugars:*

## WOMEN & KIDS\*

**6**  
TEASPOONS

**25**  
GRAMS

**100**  
CALORIES

**OR LESS**



## MEN

**9**  
TEASPOONS

**36**  
GRAMS

**150**  
CALORIES

**OR LESS**

*Where to watch for added sugars:*



### SUGARY DRINKS

Flavored Milk  
Sports & Energy Drinks  
Soda & Soft Drinks  
Coffee & Tea  
Juice & Fruit Drinks



### SWEETENED BREAKFASTS

Breakfast & Energy Bars  
Granola & Muesli  
Hot & Cold Cereals  
Yogurts  
Smoothies



### SYRUPS AND SWEETS

Syrups  
Honey & Molasses  
Jelly, Jam & Spreads  
Drink Mixes  
Candy



### FROZEN TREATS

Ice Cream & Gelato  
Frozen Yogurt  
Popsicles  
Sherbet & Sorbet  
Frozen Desserts



### SWEET BAKED GOODS

Sweet Rolls & Breads  
Cakes, Cookies & Pies  
Donuts & Pastries  
Snack Foods  
Desserts

*How to avoid them:*

Always check nutrition facts label & ingredients.

Limit sugary drinks & foods.

Replace candy & desserts with naturally sweet fruit.

Make items at home with less added sugars.



American  
Heart  
Association.



# Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories  
with these tasty tips and tricks.

## Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



## Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



## Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Get recipes and more tips at  
[HEART.ORG/RECIPES](http://HEART.ORG/RECIPES)

## Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



## Snack Mix and Granola

Make your own, without all the added sugars.

Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



## Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/HEALTHYFORGOOD](http://HEART.ORG/HEALTHYFORGOOD)





American Heart Association.

Healthy for Good™



# REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

## 1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



## 2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

## 3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



## 4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

## 5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.







## BLUE & PURPLE

blackberries  
blueberries  
black currants  
dates  
eggplants  
grapes  
plums  
prunes  
purple figs  
raisins

## RED & PINK

beets  
cherries  
cranberries  
pink grapefruit  
pomegranates  
radicchio  
red radishes  
red apples  
red grapes  
red peppers  
red potatoes  
rhubarbs  
strawberries  
tomatoes  
watermelons

# EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies.  
Add color to your plate each day with the five main color groups.

## GREEN

artichokes  
asparagus  
avocados  
bok choy  
broccoli  
Brussels sprouts  
celery  
collard greens  
cucumbers  
green beans  
green cabbage  
green grapes  
green onions  
green peppers  
kale  
kiwis  
leeks  
limes  
mustard greens  
okra  
pears  
peas  
romaine lettuce  
snow peas  
spinach  
sugar snap peas  
watercress  
zucchini

## ORANGE & YELLOW

acorn squash  
butternut squash  
apricots  
cantaloupes  
carrots  
corn  
grapefruit  
lemons  
mangoes  
nectarines  
oranges  
orange peppers  
papayas  
peaches  
pineapples  
pumpkins  
summer squash  
sweet potatoes  
tangerines  
yams  
yellow apples  
yellow peppers  
yellow squash

## WHITE

bananas  
cauliflower  
garlic  
Jerusalem  
artichokes  
mushrooms  
onions  
potatoes  
parsnips  
shallots



# FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



## GO FISH

Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.



## BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



## ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



## CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



# The Food Chain Reaction from a Farmers Market

Farmers markets have become a critical ingredient in local economies, food systems, & communities. Not only are they an economic boost to local farms & businesses, they can also strengthen community ties & promote healthy eating.



On average, area businesses in different cities across the U.S. saw \$19,900 - \$15 million more in sales per year due to nearby farmers markets.

Families with access to farmers markets ate, on average, 1.4 more servings of fruits & veggies than those without access to a market.



Farmers markets are one reason sales of local & regional foods grew to \$11 billion in 2011.



Farmers markets are a direct link between urban & rural communities, vendors & consumers, families & fresh ingredients.



U.S. Department of Agriculture

## SOURCES:

*The Economic Impact of Farmers Markets: A Study of 9 Markets in 3 Major U.S. Cities* ([www.marketumbrella.org](http://www.marketumbrella.org))

*Effect of a Targeted Subsidy on Intake of Fruits and Vegetables among Low-Income Women in the Special Supplemental Nutrition Program for Women, Infants, and Children* ([www.ncbi.nlm.nih.gov/pmc/articles/PMC2156076](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2156076))

*Specialty Foods Association* ([www.specialtyfood.com/news-trends/featured-articles/article/local-food-sales-grow](http://www.specialtyfood.com/news-trends/featured-articles/article/local-food-sales-grow))





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# SEASONS OF EATING

## SPRING

Artichokes  
Asparagus  
Carrots  
Chives  
Fava Beans

Green Onions  
Leeks  
Lettuce  
Parsnips  
Peas

Radishes  
Rhubarb  
Swiss Chard

## SUMMER

Berries  
Corn  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapes

Green Beans  
Melons  
Peppers  
(sweet and hot)  
Stone Fruit  
(apricots, cherries,  
nectarines, peaches,  
plums)

Summer Squash  
Tomatoes  
Zucchini

## FALL

Apples  
Brussels Sprouts  
Dates

Hard Squash  
(acorn, butternut,  
spaghetti)

Pears  
Pumpkins  
Sweet Potatoes

## WINTER

Bok Choy  
Broccoli  
Cauliflower  
Celery

Citrus Fruit  
(clementines,  
grapefruit, lemons,  
limes, oranges,  
tangerines)  
Endive

Leafy Greens  
(collards, kale,  
mustard greens,  
spinach)  
Root Vegetables  
(beets, turnips)

## KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**EAT SMART** **MOVE MORE** **BE WELL**





American Heart Association®

Healthy for Good™

# KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

## Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

## Pantry

Pack away in a cool, dark place like your pantry or cellar:

**GARLIC, ONIONS & SHALLOTS**

**HARD SQUASH**

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,  
POTATOES, & YAMS**

**WATERMELON**

## Countertop

Store loose and away from sunlight, heat and moisture:

**BANANAS**

**CITRUS FRUIT**

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

**STONE FRUIT**

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

**TOMATOES**

## Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

**APPLES & PEARS**

**BEETS & TURNIPS**

Remove greens and keep loose in the crisper drawer.

**BERRIES, CHERRIES & GRAPES**

Keep dry in covered containers or plastic bags.

**BROCCOLI & CAULIFLOWER**

**CARROTS & PARSNIPS**

Remove greens.

**CELERY**

**CORN**

Store inside their husks.

**CUCUMBERS,  
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

**FRESH HERBS**

Except basil. Keep basil stems moist and wrap loosely in plastic.

**GREEN BEANS**

**LETTUCE & LEAFY GREENS**

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

**MELON**

**MUSHROOMS**

Keep dry and unwashed in store container or paper bag.

**PEAS**

**ZUCCHINI &**

**SUMMER/YELLOW SQUASH**



Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**EAT SMART** **MOVE MORE** **BE WELL**



# WHAT'S **A SERVING?**

## FRUITS

4 servings per day

### ONE MEDIUM FRUIT



= About the size  
of your fist

FRESH, FROZEN OR CANNED



= 1/2 CUP

DRIED



= 1/4 CUP

FRUIT JUICE



= 1/4 CUP

## VEGETABLES

5 servings per day

### RAW LEAFY VEGETABLE



= 1 CUP

FRESH, FROZEN OR CANNED



= 1/2 CUP

VEGETABLE JUICE



= 1/2 CUP

\*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

### FRUITS

Apple, pear, orange, peach or nectarine: 1 medium  
Avocado: Half of a medium  
Banana: 1 small (about 6" long)  
Grapefruit: Half of a medium (4" across)  
Grape: 16  
Kiwifruit: 1 medium  
Mango: Half of a medium  
Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe  
Pineapple: 1/4 of a medium  
Strawberry: 4 large

### VEGETABLES

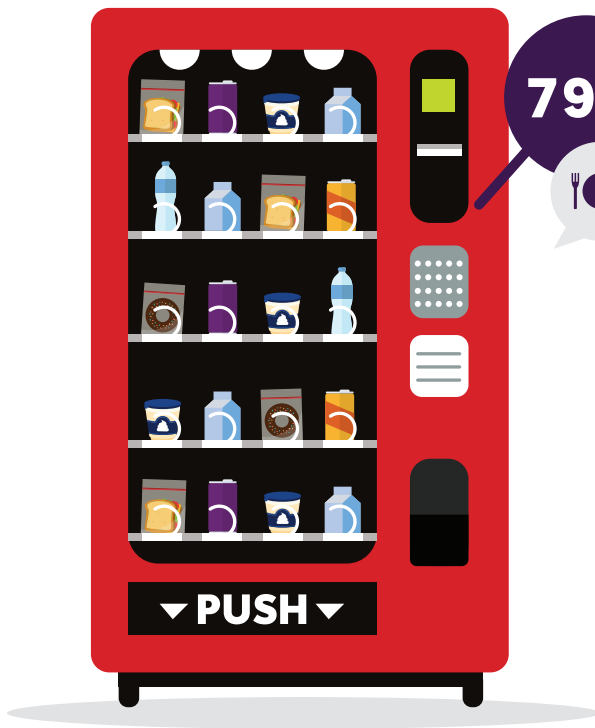
Bell pepper: Half of a large  
Broccoli or cauliflower: 5 to 8 florets  
Carrot: 6 baby or 1 whole medium (6 to 7" long)  
Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)  
Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)  
Potato: Half of a medium (2 1/2 to 3" across)  
Squash, yellow: Half of a small  
Sweet potato: Half of a large (2 1/4" across)  
Zucchini: Half of a large (7 to 8" long)





# BUILDING HEALTHY LUNCH HABITS AT WORK

Among the 85% of employed Americans who typically eat lunch at work:



79%

with an on-site cafeteria, food service or vending machine get food there at least some of the time.

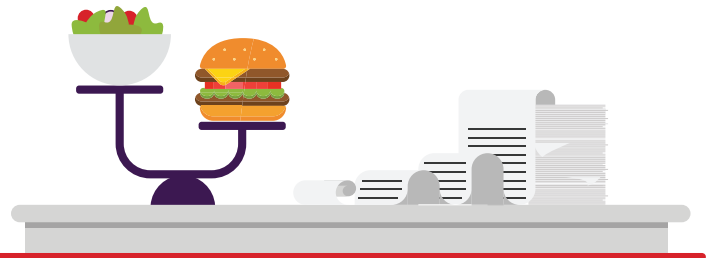


**More than half**

struggle to eat a healthy lunch at work (56%).

**More than 1 in 3**

say that on a stressful day at work, their lunch is less healthy than a typical day (35%).



**More than 9 in 10**

are interested in **improving the healthfulness of their typical workday lunch** (91%).



**Nearly 9 in 10**

prepare **working lunches at home** at least some of the time (86%).



**More than 8 in 10**

say **having healthy food options at work is important** to them (82%).



**More than 3 in 4 U.S. employees (77%)** are more likely to make **healthier decisions at other times in their day** when they eat healthy at lunch.



**THE AMERICAN HEART ASSOCIATION AND ARAMARK ARE WORKING TOGETHER TO IMPROVE THE HEALTH OF ALL AMERICANS BY 20% BY 2020.**

For access to free recipes, nutrition tips and resources visit [heart.org/healthyforlife](https://heart.org/healthyforlife).

May 2019 AHA survey conducted online by The Harris Poll among 1,062 employed U.S. adults 18+, among whom 907 typically eat lunch during work hours.

74  
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# EAT SMART

## WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

**Use it!** Here’s what to look for:

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

### Check total calories.

Do the math to know how many calories you’re really getting if you eat the whole package.

### Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

### Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

### Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit [heart.org/HealthyForGood](https://heart.org/HealthyForGood)



# MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Try these easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal:



**Ponder:** Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.



**Appraise:** Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?



**Slow:** Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.



**Savor:** Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!



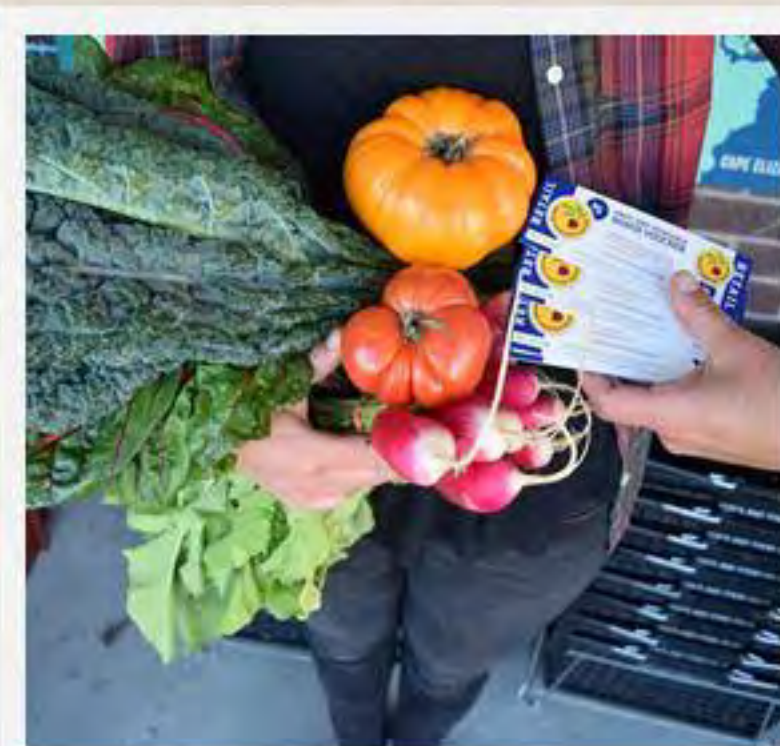
**Stop:** Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully.  
And for more ways to be Healthy for Good, visit [heart.org/HealthyForGood](https://heart.org/HealthyForGood)





# USE SNAP/EBT AND GET **BONUS** FRUITS AND VEGETABLES!



## Easy as 1-2-3!

**1 BRING YOUR PINE TREE CARD**  
to any location listed on this flyer  
(turn over for locations)



**2 BUY \$1**  
of SNAP eligible foods  
using your Pine Tree Card



**3 GET \$1 FREE!**  
in Maine Harvest Bucks  
to buy fresh LOCAL  
fruits & vegetables!  
**SPEND MORE,  
GET MORE!**

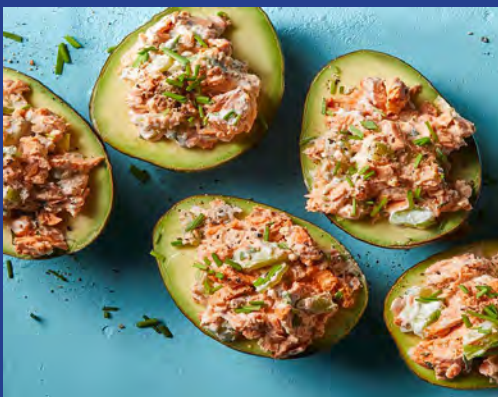


Gunno    Siyado    مكافأة    Bônus    Bons    Bonificación



## Healthy Recipes

Looking for some healthy spring and summer recipes? The list below includes gluten free, dairy free, soy free, vegan, and budget-friendly recipes - delicious options for everyone!



[Zucchini Noodles with Avocado Pesto & Shrimp](#)

[Raspberry-Peach-Mango Smoothie Bowl](#)

[Caprese Stuffed Portobello Mushrooms](#)

[Salmon-Stuffed Avocados](#)

[Easy Pasta Salad](#)

[Vietnamese Spring Rolls](#)

[Buffalo Chickpea Tacos](#)

[Greek Turkey Burgers](#)

[One-Pot Tomato Basil Pasta](#)

[Blueberry Lemonade Slushies](#)

[Black Bean, Corn, and Avocado Salad](#)

[Vegan Potato Salad](#)

[Green Smoothie](#)

[Grilled Fish Tacos](#)

[Pumpkin-Oat Mini Muffins](#)

[Watermelon-Cucumber Basil Seltzer](#)

[Grilled Peaches](#)

## How to Make a Fruit Fly Trap

You know what's great about summer? All that glorious fresh fruit. What's not so great? All those pesky fruit flies that seem to thrive in summertime.

Here's a super-easy DIY that'll rid your kitchen of those pests quickly and efficiently, without any poisonous chemicals. And guess what? You've already got everything you need.

### What You'll Need

- Apple cider vinegar
- Liquid dish soap
- Small glass or jar
- Plastic wrap
- String
- Toothpick

### Directions

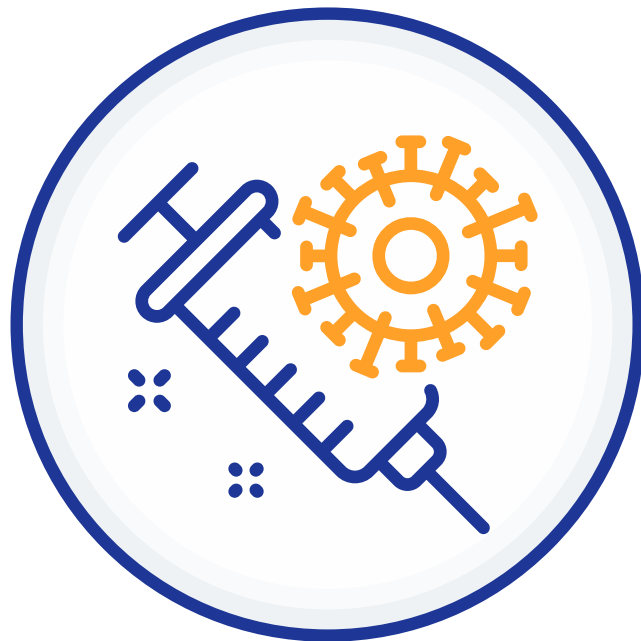
1. Pour about an inch of apple cider vinegar into the jar. Add a drop of liquid dish soap.
2. Cover the top of the jar with a small square of plastic wrap and tie it closed with string. Poke several holes into the plastic wrap, just large enough for a fruit fly to get through.
3. Place the jar in your kitchen where the fruit flies like to congregate.

### How Does It Work?

Fruit flies are irresistibly drawn to the smell of fermenting fruit. That's where the apple cider vinegar comes in; the aroma entices them to enter the jar through the holes in the plastic covering. When they land on the vinegar, they can't float on the surface because the dish soap breaks the surface tension. Periodically clean out the jar and pour in fresh vinegar and a drop of liquid soap.



# COVID-19 VACCINE



# How mRNA COVID-19 Vaccines Work

## Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is mRNA?

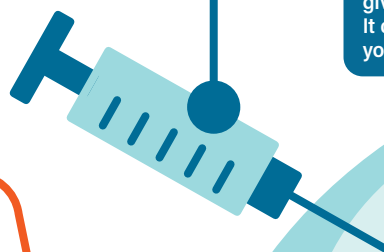
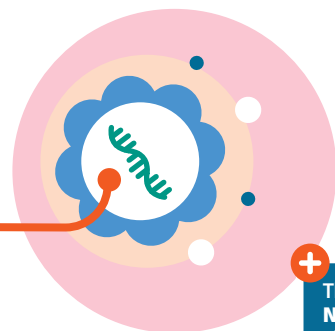
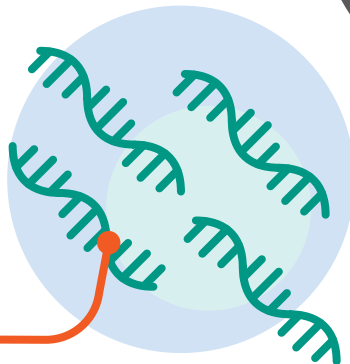
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

## What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

## How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+

The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

+

When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.

Antibody

+

After the mRNA delivers the instructions, your cells break it down and get rid of it.



## GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



# How Viral Vector COVID-19 Vaccines Work

## Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is a viral vector vaccine?

A viral vector vaccine uses a harmless version of a different virus, called a “vector,” to deliver information to the body that helps it protect you.

## How does the vaccine work?

The vaccine teaches your body how to make copies of the **spike proteins**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.

The vaccine **DOES NOT** contain the virus that causes COVID-19 and cannot give you COVID-19. It also cannot make you sick from the virus that is used as the vector. It cannot change your DNA in any way.

When your body responds to the vaccine, it can sometimes cause tiredness, headache, muscle pain, nausea, or mild fever. These are normal signs the vaccine is working.

Antibody

## GETTING VACCINATED?

For information about COVID-19 vaccine, visit [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

# What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

## Common side effects

### On the arm where you got the shot:

- Pain
- Redness
- Swelling

### Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

## Helpful tips

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

### To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

### To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

## When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

## Remember

- Side effects may affect your ability to do daily activities, but they should go away in a few days.
- With some COVID-19 vaccines, you will need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
- You will only need 1 shot of the viral vector COVID-19 vaccine, Johnson & Johnson's Janssen COVID-19 Vaccine.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until about two weeks after your second shot. For COVID-19 vaccines that require 1 shot, it takes about two weeks after vaccination for your body to build protection.
- After you are fully vaccinated, you may be able to start doing some things you had stopped doing because of the pandemic. Visit CDC's website for the latest recommendations. [www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines).



**Ask your vaccination provider about getting started with v-safe**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about **v-safe**.

[www.cdc.gov/vsafe](https://www.cdc.gov/vsafe)

## HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is \_\_\_\_°F or \_\_\_\_°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: \_\_\_\_\_

**Healthcare provider phone number:** \_\_\_\_\_
































### Medication (if needed):

Take \_\_\_\_\_ every \_\_\_\_\_ hours as needed.  
(type and dose or amount)





# Symptoms of COVID-19

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
<b>FEVER</b> 					
<b>COUGH</b> 					
<b>SORE THROAT</b> 					
<b>SHORTNESS OF BREATH</b> 					
<b>FATIGUE</b> 					
<b>DIARRHEA OR VOMITING</b> 					
<b>RUNNY NOSE</b> 					
<b>BODY/ MUSCLE ACHES</b> 					

 Symptom of illness

# WELL-BEING





## Mental Health Resiliency



Mental health is important for overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. During these unprecedented and stressful times, it is now more important than ever to care for our mental health and to raise awareness.

### **How can I cope with feelings of stress?**

- Take care of your body with healthy meals, exercise and by using deep breathing techniques.
- Take time to unwind and do activities you enjoy.
- Take breaks from the news, including on social media.
- Connect with your loved ones and build a strong support system.
- Connect with your community based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.



### **What self-care strategies can I use to take care of my mental health and well-being?**

- Maintain a healthy lifestyle, including appropriate sleep, exercise, and diet.
- Don't use alcohol or other drugs to cope with feelings of sadness or anxiety.
- Follow credible sources of information about COVID-19, such as WHO or CDC.
- Limit how much time you spend watching or listening to news that may make you upset.
- Use coping mechanisms that have helped you in the past during difficult situations and remember that everyone experiences and manages stress in different ways.

As a State of Maine employee, you have access to a number of helpful mental health resources through your Living Resources Program (EAP). These resources include:



#### **Confidential, Short-Term Counseling Services**

This no-cost counseling service can help with issues such as stress, anxiety, depression, grief, etc. This service is available to anyone in your household.

#### **Resources and Education Materials**

The Living Resources Program also offers a plethora of resources that you may find helpful. To access more information on counseling services and resources, click the button below:

For more information about your benefits, click [here](#) or contact WellStarME at [wellstar@mcd.org](mailto:wellstar@mcd.org) or 207-620-9202.



Resilience means being able to adapt to life's misfortunes and setbacks. When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse.

Resilience won't make your problems go away, but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.



## Tips to Improve Your Resilience

- **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times.
- **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning.
- **Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times.
- **Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- **Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques.
- **Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

Becoming more resilient takes time and practice. If you don't feel you're making progress, or you don't know where to start, consider talking to a mental health professional through your Living Resources Program.

[CLICK HERE](#) to visit the Living Resources website. Use Web ID: **LivingME**.

You can also contact Living Resources by calling 1-844-207-5465.

For questions or additional resources, please contact your Health & Wellness Navigation Team:

[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org)  
(207) 620-9209

# Tips for a **Healthy Summer**



Follow these tips to help prevent chronic disease and have a #HealthySummer.

**1**

## Move More, Sit Less!

Get at least 150 minutes of aerobic physical activity every week.



**TIP** Learn more about activities you can do to stay active while #socialdistancing.

**2**

## Wear Sunscreen & Insect Repellent

For sun safety, wear layered clothes and apply broad spectrum sunscreen with at least SPF 15.

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

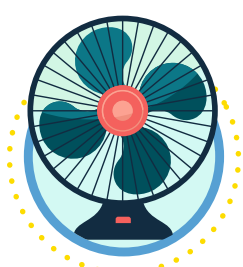


**TIP** If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

**3**

## Keep Cool in Extreme Heat

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.



Stay cool.



Stay hydrated.



Stay informed.

**4**

## Eat a Healthy Diet

Delicious fruits and veggies make any summer meal healthier.



**5**

## Rethink Your Drink!

Drink water instead of sugary or alcoholic drinks to reduce calories and stay safe.



**6**

## Don't Use Tobacco

You can quit today! [Build a quit plan](#) and get [resources](#) to help you quit.



Call 1-800-QUIT-NOW.



Download the [QuitSTART App](#).



[Access smokefree tools and tips.](#)

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease).







American Heart Association®

Healthy for Good™

# **CLEAN** UP YOUR **SLEEP HYGIENE.**

Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.



## **MOVE IT.**

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



## **DIM IT.**

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



## **SET IT.**

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



## **LOCK IT.**

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



## **BLOCK IT.**

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.





# Days of Mindfulness

# 30

**1**  
Before going to sleep, write down 3 things you have really appreciated from the day today.

**2**  
Walk for 10 minutes today, without looking at your phone, focused on your surroundings.

**3**  
Without any judgment or criticism, count how many times your mind gets distracted today.

**4**  
Every time your phone vibrates or pings today, pause and follow one breath before looking at it.

**5**  
Brush your teeth with your non-dominant hand today to help encourage attention.

**6**  
De-clutter part of your house or office today, helping the mind to feel calmer and clearer.

**7**  
Drink a mindful cup of tea or coffee today, free from other distractions, focused on taste and smell.

**8**  
Move email and social media apps to the second page of your phone today.

**9**  
Notice the sensation as you change posture today from standing to sitting or sitting to standing.

**10**  
Without forcing it, ask someone how they are today and listen to the reply free from opinion.

**11**  
Commit to no screen time for 2 hours before bed today, other than playing the sleep exercise.

**12**  
Pause for 60 seconds to follow the breath each time you enter and exit the car/bus/train today.

**13**  
Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all.

**14**  
Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation.

**15**  
Rather than text someone today, call them instead and have a proper conversation.

**16**  
Check the kids sleeping before going to bed today and follow three of their deep breaths.

**17**  
Reset your posture each time you sit down today, gently straightening the back.

**18**  
Give heartfelt thanks to someone today who has recently helped you in some way.

**19**  
Turn off all notifications on your phone today.

**20**  
Eat one meal alone today, without any distractions at all, focusing just on the tastes and smells.

**21**  
Take one full breath (both in and out) before pressing send on any email or social post today.

**22**  
Commute without music today, just for one day, and see how much more you notice.

**23**  
Buy someone a coffee/tea/cake today, for no reason, and without expectation of thanks.

**24**  
Get some exercise today, without your phone, and focus on the physical sensations.

**25**  
Take 3 x 30 minute breaks from the phone today, set a timer if you need to.

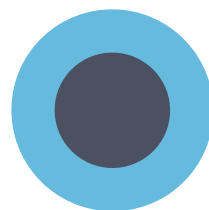
**26**  
Take one square of chocolate today and allow it to melt in the mouth, enjoying without chewing.

**27**  
Write a handwritten card/letter to a good friend you've not seen for a long time.

**28**  
Do something playful, whatever makes you smile or laugh, at least one time today.

**29**  
When you get to work, or arrive home today, pause and follow 10 breaths before entering.

**30**  
Carry some loose change today and share it with people on the street who need it more.





# Loving-Kindness Meditation



Loving-kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.

## How does it work?

Sit quietly and direct kindness and love to yourself, then expand in circles of compassion outward to others.

1



### ***Yourself:***

Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."

2



### ***Family and friends:***

Direct your kindness to someone you love or care about by repeating, "May \_\_\_\_\_ be happy."

3



### ***Someone neutral:***

Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.

4



### ***Someone difficult:***

Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

5



### ***Group:***

Think about all of these people together and equally direct your kindness to all of them, "May they be happy."

6



### ***Everyone:***

Finally, direct your kindness everywhere. "May all beings everywhere be happy."

You can change up the thought or phrase or combine words, such as:

- May I be at peace.
- May I be loved.
- May I be healthy and strong.



Start with just a few minutes and gradually extend your time. Try it today and see if loving-kindness meditation can bring more happiness and well-being to your life.



American Heart Association®

Healthy for Good™

# SIMPLE WAYS TO PRACTICE GRATITUDE



**We all could use a little more positivity & encouragement, especially when starting something new. Below are quick & easy ways you can jump-start your journey to becoming Healthy for Good. Don't forget to post your progress on social media so we can cheer you on!**

- Kick off the day by writing down a hobby or special interest you've picked up this year & celebrate how far you've come. You deserve it.
- Find three things you love about yourself & write them down. Then stand in front of a mirror & read them out loud. Feels pretty good to love yourself, doesn't it?
- Beauty can be found in the most unlikely places. So today, stop, look around & capture a mental (or actual) snapshot of the beauty you see.
- If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way. A little positivity goes a long way.
- When's the last time you celebrated all the amazing things your body can do? Take two minutes to really think about it, then store those happy thoughts for a rainy day.
- Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today." Nothing but positive vibes all day.
- We all have flaws – we're human. Focus on one thing about yourself that to you is less than perfect. Then write a little love note about it. Because #selflove heals the soul.
- Food is its own love language, so today think of someone whose cooking warms your soul. Then tell them how grateful you are for sharing that gift with you.
- Reach out and express a little extra appreciation to someone. Be specific & intentional with your love – you just might make their day.
- Think of someone who has cheered you up during the pandemic. Write them a note or send a funny text. Who doesn't love a good meme?
- The past year has been hard. So today, focus on someone who might really be struggling. Offer to pick up groceries or call a loved one just to check in.
- Read a good book recently? Pass it on to a friend or loved one — or even a movie for nonreaders
- Send virtual hugs to someone you appreciate & promise to deliver it in person once it's safe!
- Keep a food journal today & instead of judging any of it as "good" or "bad," be grateful for every bite.
- Volunteering is good for the soul. Find two ways you can give back while staying at home
- Text someone & share three reasons you're grateful for them.
- During one meal today, put your fork down in between each bite. Slow down & savor the flavor!
- Invite someone to a future dinner in a post-pandemic world. Send a calendar invite to make it official.
- Stop for a second before a meal today. Soak up the smells, enjoy the moment & be grateful for whoever prepared it (especially if it was you)!
- Everyone has 'off' days. Think of three quick things you're grateful for and repeat them to yourself when you're feeling blue.
- Today, hit pause for a few minutes to reflect & write about how you feel after participating in this challenge. Reflect and learn – it's the only way to grow!

**GET MORE WELL-BEING TIPS AT**  
**[heart.org/HealthyforGood](https://heart.org/HealthyforGood)**





# KINDNESS HEALTH FACTS

## DID YOU KNOW?

### KINDNESS IS TEACHABLE

"It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

Dr. Ritchie Davidson, University of Wisconsin

### KINDNESS IS CONTAGIOUS

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

## KINDNESS INCREASES:

### THE LOVE HORMONE

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're in anxious or shy in a social situation.

### ENERGY

"About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth"

Christine Carter, UC Berkeley, Greater Good Science Center

### HAPPINESS

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

### LIFESPAN

"People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church." Christine Carter, Author, "Raising Happiness; In Pursuit of Joyful Kids and Happier Parents"

### PLEASURE

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."

### SEROTONIN

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

## KINDNESS DECREASES:

### PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

### STRESS

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

### ANXIETY

A group of highly anxious individuals performed at least six acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals.

University of British Columbia Study

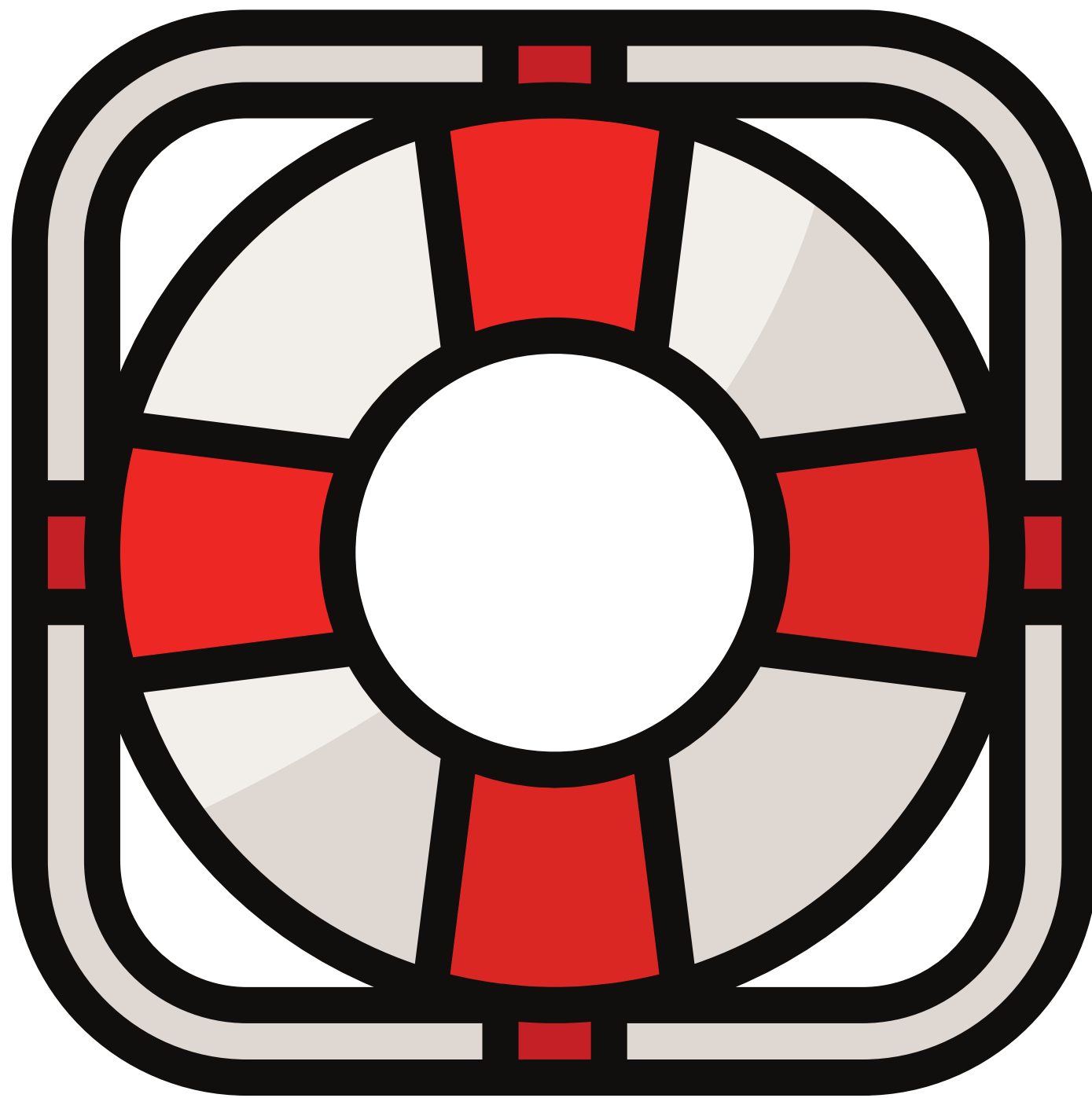
### DEPRESSION

Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

### BLOOD PRESSURE

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective" hormone. It protects the heart by lowering blood pressure.

# SUMMER SAFETY



# Get Ready to Grill Safely

## Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



## Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



## Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



## Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

<b>145°F</b>	beef, pork, lamb, veal (then let rest 3 minutes before serving)
<b>145°F</b>	fish
<b>160°F</b>	hamburgers and other ground meat
<b>165°F</b>	poultry



## Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



## Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).





# HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**

Approximate number of Americans stricken with food poisoning each year



**128,000**

Estimated annual hospitalizations from foodborne illnesses



**Did You Know?** ★  
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



## Basic Tips

**CLEAN**



**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

**SEPARATE**



**SEPARATE PLATES AND UTENSILS.**

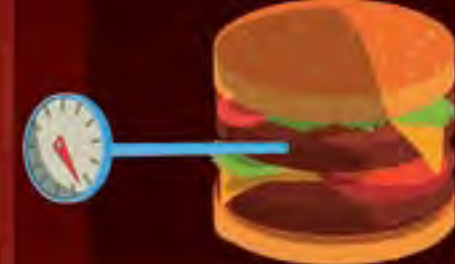
When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

**COOK**



**USE A FOOD THERMOMETER.**

**Burgers: 160°F**



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

**CHILL**



**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F**  
with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVEILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL  
SOURCE  
CDC

USDA

DEPARTMENT OF HEALTH & HUMAN SERVICES, USA

Ad Council

For more summer food safety tips, go to

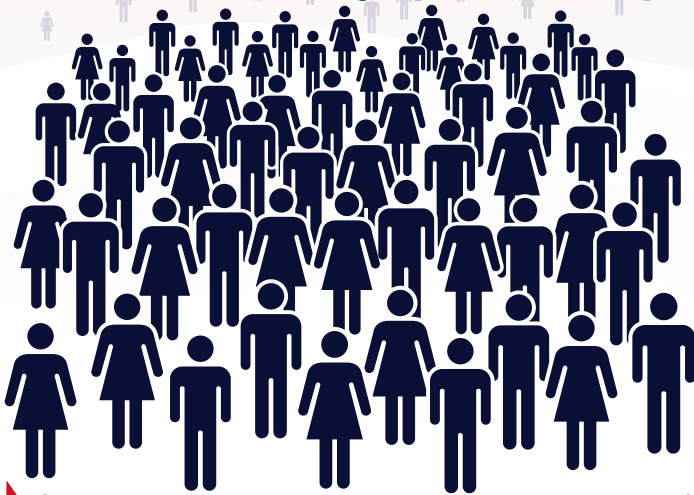
**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



# Fireworks Injuries

**243** people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.



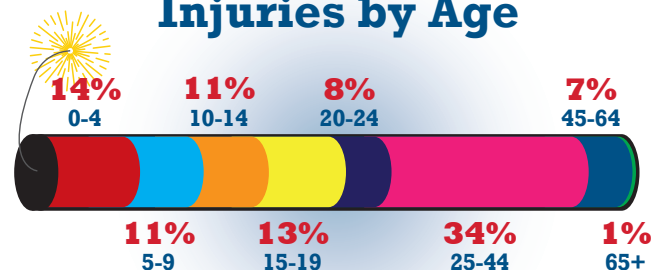
## Fireworks Safety Tips

- ★ Never allow **children** to play with or ignite fireworks.
- ★ Make sure fireworks are **legal** in your area before buying or using them.
- ★ Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- ★ Light fireworks **one at a time**, then **move back** quickly.
- ★ **Never** try to **re-light** or **pick up** fireworks that have not ignited fully.
- ★ More Fireworks Safety Tips – [www.cpsc.gov/fireworks](http://www.cpsc.gov/fireworks)

## Injuries by Fireworks Type\*



## Injuries by Age



# Dogs and Fireworks:

## Keeping Your Furry Friend Calm This 4th of July

Dogs have very sensitive ears. And unless they've been acclimated, the loud noises, bright lights, and unfamiliar smells of 4th of July fireworks can easily agitate your four-legged family member.



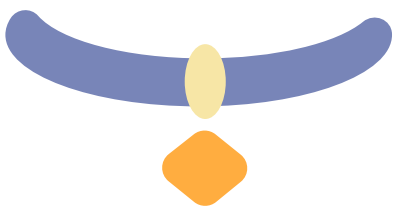
### SIGNS OF DOG STRESS

- Cowering, shaking, or panting
- Unexpected whining, howling or barking
- Attempts to escape
- Hiding in unusual spots



### CALMING YOUR DOG

- Don't leave your dog home alone when fireworks are expected
- Use a crate or other safe and cozy space as a retreat
- Mask fireworks noise with the television or calming music
- Use toys, treats and interaction to distract your dog from the unfamiliar noise



### SAFETY PRECAUTIONS

- Keep your dog inside with windows and doors completely closed
- Make sure your dog is wearing a collar with a tag, even if staying inside
- Going outside? Securely leash your pet — and be prepared if your dog attempts to escape
- If driving, be sure your dog is restrained in a crate or seatbelt harness

Lost dogs are a common problem this holiday. Help keep your dog as calm and safe as possible. That way, come July 5th, you and your furry friend can get back to summer fun.

# Wag!



# LIGHTNING SAFETY

Summer is the most dangerous season for lightning.  
Most lightning fatalities occur in June, July and August.



64%

Sixty-four percent of lightning fatalities result from outdoor recreation. A large portion of these are from water activities and sports.



[www.weather.gov/lightning](http://www.weather.gov/lightning)



# Lightning

## Do's and Don'ts

### Do

Go Inside When You Hear Thunder or See Lightning!

Find a Sturdy House, Building, Car With A Hard-Top Roof

Stay Indoors For at Least 30 Minutes After You Last Hear Thunder



### Don't

Retreat to Dugouts, Sheds, Pavilions, Picnic Shelters or Other Small Structures

Use or Touch Electronics, Outlets, or Corded Phones

Go Under or Near Tall Trees, Swim or Be Near Water, Be Near Metal Objects or Windows



[weather.gov/lightning](https://weather.gov/lightning)



# Rip Currents



What They Are • The Dangers • How to Escape

**Before you leave for the beach, NOAA encourages you to check the latest National Weather Service forecast for local beach conditions. Many offices issue a Surf Zone Forecast.**



## How can I identify a rip current?

Signs that a rip current is present are very subtle and difficult for the average beachgoer to identify. Look for differences in the water color, water motion, incoming wave shape or breaking point compared to adjacent conditions. Look for any of these clues:

- Channel of churning, choppy water
- Area having a notable difference in water color
- Line of foam, seaweed, or debris moving steadily seaward
- Break in the incoming wave pattern
- One, all or none the clues may be visible.



## How can people avoid rip current problems?

Avoid rip current problem by:

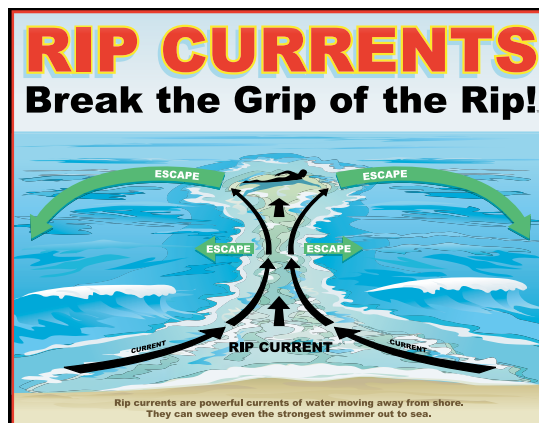
- Learn to swim
- If you'll be in surf, learn to swim in surf. It's not the same as a pool or lake.
- Never swim alone.
- Swim near a lifeguard.
- Look for posted signs and warning flags, which may indicate higher than usual hazards.
- Check with lifeguards before swimming.
- Obey all instructions provided by lifeguards.
- Be cautious. Always assume rip currents are present even if you don't see them.
- If in doubt, don't go out!



## What can people do if caught in a rip current?

If caught in a rip current:

- Try to remain calm to conserve energy.
- Don't fight the current.
- Think of it like a treadmill you can't turn off. You want to step to the side of it.
- Swim across the current in a direction following the shoreline.
- When out of the current, swim and angle away from the current and towards shore.



- If you can't escape this, try to float, or calmly tread water. Rip current strength eventually subsides offshore. When it does, swim toward shore.
- If at any time you feel you will be unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.



## How can people assist others who are caught in a rip current?

You can help someone caught in a rip current by:

- If you see someone in trouble, get help from a lifeguard.
- If no lifeguard is available, have someone call 9-1-1.
- Throw the rip current victim something that floats – a lifejacket, a cooler, a ball.
- Yell instructions on how to escape.
- Many have died trying to help others. Don't become a victim while trying to help someone else!
- Before you leave for the beach, check the latest National Weather Service forecast for local beach conditions. Many offices issue a Surf Zone Forecast.
- When you arrive at the beach, ask on-duty lifeguards about rip currents and any other hazards that may be present.

**More information about rip currents can be found at the following sites:**

<http://www.ripcurrents.noaa.gov> <http://www.usla.org/ripcurrents>  
<http://www.weather.gov/nwr/>

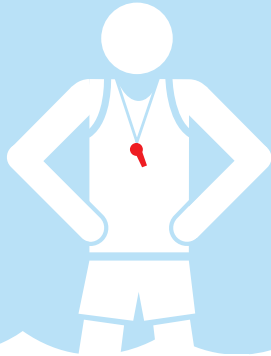




**American  
Red Cross**

# Water Safety Tips

**Swim in  
designated  
areas  
supervised  
by lifeguards.**



**Always swim  
with a buddy.**



**If you go boating,  
wear a life jacket!**



**Install and use barriers around  
your home pool or hot tub.**



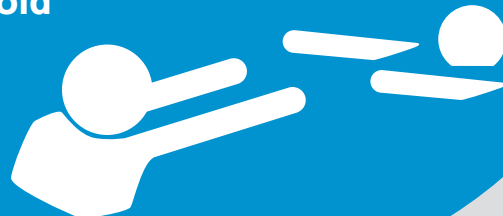
**Actively supervise  
children whenever  
around the water.**



**Always stay within  
arm's reach of young  
children and avoid  
distractions.**



**Reach or throw  
aid to distressed  
swimmers – don't go!**



**Keep toys not  
in use away  
from the pool  
and out of sight.**



Be water smart! Learn how at [redcross.org/watersafety](https://www.redcross.org/watersafety)



# WATER SAFETY TIPS



## TEACH THEM EARLY

Teach children to get comfortable in the water, take swim lessons and educate them early about water safety.

## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards. Parents should be within arms length of children.

## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



## GET CERTIFIED

Become certified in infant and child First Aid and CPR.



## I'M ON A BOAT!

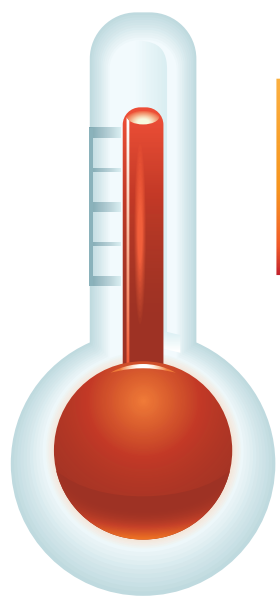
Always wear a properly fitted US coast guard approved life-jacket (PFD- personal flotation device)



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.





# BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

## WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

## WHERE:



Houses with little to no AC



Construction worksites



Cars

## HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed:  
20 minutes



Time Elapsed:  
40 minutes



Time Elapsed:  
60 minutes

## HEAT ALERTS: Know the difference.

### HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

### HEAT WATCHES

Excessive heat event in 12 to 48 hours

### HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

## DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

**Sunburn** can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person’s temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul> |
|---|---|

### HEAT EXHAUSTION

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul> |
|--|--|

### HEAT CRAMPS

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul> | <ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You’re on a low-sodium diet</li><li>• You have heart problems</li></ul> |
|--|--|

### SUNBURN

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul> | <ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul> |
|--|--|

### HEAT RASH

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul> | <ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul> |
|--|--|





# AVOID • SPOT • TREAT

## HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

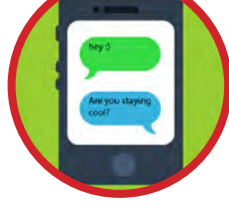
### AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and **heat exhaustion**.

#### Tips to Beat the Heat



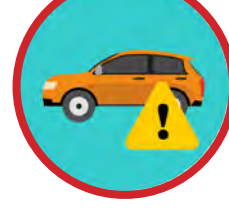
Drink plenty of water!



Check on friends and neighbors at high risk for heat-related illness

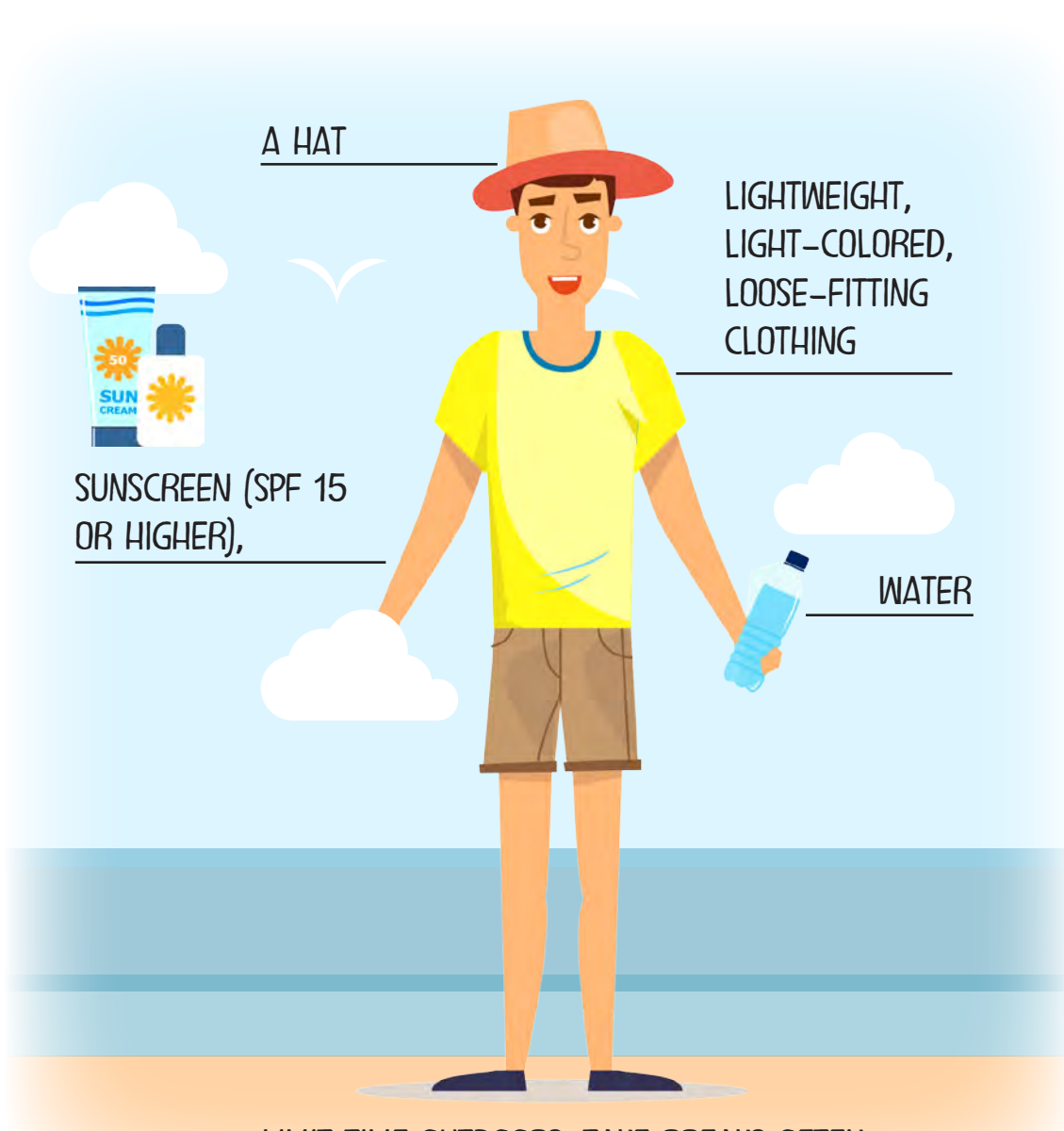


Find air-conditioned places to cool off (shopping malls and libraries)



NEVER leave kids or pets in a closed, parked vehicle

#### If you go outside, remember:



#### Know who is at high risk:



Infants



Young children



Older adults



People with chronic medical conditions

### SPOT

Know the signs of heat stroke and heat exhaustion.

#### Heat Stroke

#### Heat Exhaustion



##### Signs & Symptoms

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Passing out

##### Signs & Symptoms

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting



If you see any of these signs, get medical help immediately.

### TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

#### Heat Stroke



Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Sponging with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

#### Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing



immediately if symptoms are severe or if victim has heat problems or high blood pressure



# Action Steps for Sun Protection

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk. This fact sheet explains simple steps to protect yourself and your children from overexposure to UV radiation.

## Be SunWise

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than one million cases are reported annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be "SunWise."



### Do Not Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



### Avoid Sun Tanning and Tanning Beds

UV light from tanning beds and the sun causes skin cancer and wrinkling.



### Generously Apply Sunscreen

Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



### Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.

**SunWise®**  
a program that radiates good ideas



### Seek Shade

Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



### Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



### Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html).



### Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Early detection of skin cancer can save your life. A new or changing mole should be evaluated by a dermatologist.

## Special Considerations for Children

Recent medical research shows that it is important to protect children and young adults from overexposure to UV radiation. For babies under 6 months, the American Academy of Pediatrics recommends

(1) avoiding sun exposure, and  
(2) dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats. Parents can also apply sunscreen (SPF 15+) to small areas like the face and back of the hands if protective clothing and shade are not available.

### EPA's SunWise Program

In response to the serious public health threat posed by overexposure to UV radiation, EPA is working with schools and communities across the nation through the SunWise Program. SunWise is an environmental and health education program that teaches children how to protect themselves from overexposure to the sun.

## UV Index

Exposure Category	UVI Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very high	8 to 10
Extreme	11+

The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the chance of sun damage. Visit [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html).

## For More Information

To learn more about UV radiation, the action steps for sun protection, and the SunWise Program, call EPA's Stratospheric Ozone Information Hotline at 800.296.1996, or visit our Web site at [www.epa.gov/sunwise](http://www.epa.gov/sunwise).



# How to Select a SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun.

## Sunscreen is an important tool

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that says:

### Broad spectrum

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

### SPF 30 or Higher

How well a sunscreen protects you from sunburn.

### Water resistant or very water resistant

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.



One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).

# Say YES to Sun Protection

## Say NO to Skin Cancer

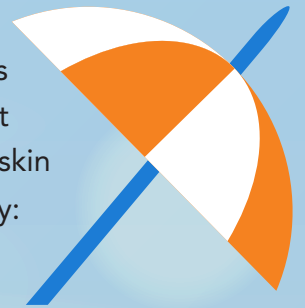
### Skin cancer is the most common cancer in the U.S.

One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day.



Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- Seeking shade
- Wearing sun-protective clothing
- Applying sunscreen to all skin not covered by clothing



### There are two types of sunscreens:



#### Physical Sunscreen

This sunscreen **works like a shield**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **zinc oxide** and/or **titanium dioxide**.

Opt for this sunscreen if you have **sensitive skin**.



#### Chemical Sunscreen

This sunscreen **works as a sponge**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **oxybenzone**, **avobenzone**, **octisalate**, **octocrylene**, **homosalate** and **octinoxate**.

This formulation tends to be **easier to rub into** the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **broad-spectrum**, **water-resistant** and has an **SPF 30 or higher**, it can effectively protect you from the sun. Make sure you reapply it every **two hours**, or after swimming or sweating.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).



# Summer Driving Tips

For many of us, summertime usually means vacation travel. While summer plans may look a little different this year, now is still a good time to review these summer driving safety tips. Prevention and planning may take a little time up front but will spare you from dealing with the consequences of a breakdown—or worse yet, a highway crash—later.

## Keep Kids Safe

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### In and Around the Car

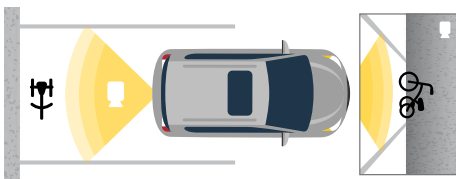


#### Heatstroke

There are other dangers to children in and around cars that you should know. For example, heatstroke can occur when a child is left unattended in a parked vehicle or gains unsupervised access. Never leave children alone in the car—not even for a few minutes. Vehicles heat up quickly. Even if the outside temperature is in the 70s and the windows are cracked, the temperature in a vehicle can rapidly reach deadly levels. A child's body temperature rises 3 to 5 times faster than that of an adult.

Visit [NHTSA.gov/Heatstroke](https://www.nhtsa.gov/Heatstroke) to learn more tips and reminders to prevent heatstroke.

#### Backing Out/Parking



Before you back out of a driveway or parking spot, prevent backovers by walking around your vehicle to check for children running and playing. When using a backup camera, remember that kids, pets, and objects may be out of view but still in the path of your vehicle. When children play, they are often oblivious to cars and trucks around them. They may believe that motorists will watch out for them. Furthermore, every vehicle has a blind zone. As the size and height of a vehicle increases, so does the "blind zone" area. Large vehicles, trucks, SUVs, RVs, and vans are more likely than cars to be involved in backovers.

### Stock Your Vehicle

Even a well-maintained vehicle can break down, so it's advisable to put together an emergency roadside kit to carry with you. A cell phone tops the list of suggested emergency kit contents since it allows you to call for help when and where you need it. Suggested emergency roadside kit contents include:

- Cell phone and charger
- First aid kit
- Flashlight
- Flares and a white flag
- Jumper cables
- Tire pressure gauge
- Jack (and ground mat) for changing a tire
- Work gloves and a change of clothes
- Basic repair tools and some duct tape (for temporarily repairing a hose leak)
- Water and paper towels for cleaning up
- Nonperishable food, drinking water, and medicines
- Extra windshield washer fluid
- Maps
- Emergency blankets, towels and coats

## Before You Go

### Check for Recalls



Owners may not always know that their vehicle has been recalled and needs to be repaired. NHTSA's VIN lookup tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if a specific vehicle has not been repaired as part of a safety recall in the last 15 years. Check for recalls on your vehicle by searching now: [NHTSA.gov/Recalls](https://www.nhtsa.gov/Recalls). And sign up for email recall alerts at [NHTSA.gov/Alerts](https://www.nhtsa.gov/Alerts).

### Get Your Car Serviced



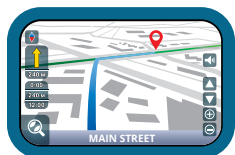
Regular maintenance such as tune-ups, oil changes, battery checks, and tire rotations go a long way toward preventing breakdowns. If your vehicle has been serviced according to the manufacturer's recommendations, it should be in good condition to travel. If not—or you don't know the service history of the vehicle you plan to drive—schedule a preventive maintenance checkup with your mechanic right away.

### Know Your Car



Read your vehicle's manual to familiarize yourself with the features on your vehicle — such as antilock brakes and electronic stability control — and how the features perform in wintry conditions. When renting a car, become familiar with the vehicle before driving it off the lot.

### Plan Your Travel and Route

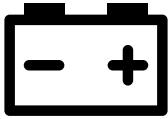


Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.



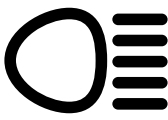
# Vehicle Safety Checklist

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## Battery

Have your mechanic check your battery, charging system, and belts, and have them make any necessary repairs or replacements. For hybrid-electric vehicles, keep gasoline in the tank to support the gasoline engine.



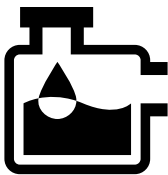
## Lights

Check your headlights, brake lights, turn signals, emergency flashers, and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.



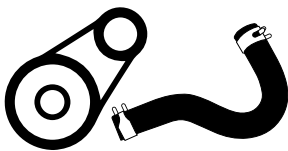
## Cooling System

Make sure you have enough coolant in your vehicle, and that the coolant meets the manufacturer's specifications. See your vehicle owner's manual for specific recommendations on coolant. You or a mechanic should check the cooling system for leaks, test the coolant, and drain or replace old coolant as needed.



## Fluid Level

Check your vehicle's oil level periodically. As with coolant, if it's time or even nearly time to have the oil changed, now would be a good time to do it. In addition, check the following fluid levels: brake, automatic transmission or clutch, power steering, and windshield washer. Make sure each reservoir is full; if you see any signs of fluid leakage, take your vehicle in to be serviced.



## Belts and Hoses

Look under the hood and inspect all belts and hoses to make sure there are no signs of bulges, blisters, cracks, or cuts in the rubber. High summer temperatures accelerate the rate at which rubber belts and hoses degrade, so it's best to replace them now if they show signs of obvious wear. While you're at it, check all hose connections to make sure they're secure.



## Wiper Blades

After the heavy toll imposed by winter storms and spring rains, windshield wiper blades may need to be replaced. Like rubber belts and hoses, wiper blades are vulnerable to the summer heat. Examine your blades for signs of wear and tear on both sides. The blades can also deform and fail to work properly in both directions. If they aren't in top condition, invest in new ones before you go.

### Vehicle Safety Checklist *continued*



#### Air Conditioning

Check A/C performance before traveling. Lack of air conditioning on a hot summer day affects people who are in poor health or who are sensitive to heat, such as children and older adults.



#### Floor Mats

Improperly installed floor mats in your vehicle may interfere with the operation of the accelerator or brake pedal, increasing the risk of a crash. Be sure to follow the manufacturer's instructions for mat installation, use retention clips to secure the mat and prevent it from sliding forward, and always use mats that are the correct size and fit for your vehicle.

## Tire Safety

Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is listed in your owner's manual and on a placard located on the driver's side door frame. The correct pressure is NOT the number listed on the tire. Be sure to check tires when they are cold, which means the car hasn't been driven for at least three hours. Read through for safe tire tips:

- Inspect your tires at least once a month and before long road trips. It only takes about five minutes. Check your spare tire as well.
- Check out [NHTSA.gov/Tires](https://www.nhtsa.gov/Tires) for tire ratings before buying new ones.
- Look closely at your tread and replace tires that have uneven wear or insufficient tread. Tread should be at least 2/32 of an inch or greater on all tires.
- Check the age of each tire. Some vehicle manufacturers recommend that tires be replaced every six years regardless of use, but check your owner's manual to find out.
- For more information on tire safety, visit NHTSA's [Tires](https://www.nhtsa.gov/Tires) page.





# Safety First



## Protect Yourself and Your Loved Ones

*Buckle Up. Every Trip. Every Time.* Ensure that everyone else in your vehicle is buckled-up in age- and size-appropriate car seats, booster seats, or seat belts.

## Protect the Children

When traveling with children, take every precaution to keep them safe.

- Remember that all children under age 13 should always ride properly buckled in the back seat.
- Make sure car seats and booster seats are properly installed and that any children riding with you are in the right seat for their ages and sizes. See NHTSA's [child passenger safety recommendations](#) to find [out how to select the right car seat](#) for your child's age and size. To learn more and find a free car seat inspection station near you, please visit the [Child Car Seat Inspection Station Locator](#).
- Never leave your child unattended in or around your vehicle.
- Always remember to lock your vehicle and to keep your keys out of reach when exiting so children do not play or get trapped inside.

## On the Road



## Stay Alert!

Keep your gas tank close to full whenever possible, and, on longer trips, plan enough time to stop to stretch, get something to eat, return calls or text messages, and change drivers or rest if you feel drowsy.

## Avoid Risky Driving Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs whether legal or illicit can cause impairment. It is illegal to drive impaired by any substance in all states – no exceptions. Alcohol and drugs can impair the skills critical for safe and responsible driving such as coordination, judgment, perception, and reaction time.



## TIPS FOR PARENTS, GUARDIANS, AND KIDS

# BICYCLE SAFETY

**Bicycling is fun, healthy, and a great family activity.  
But a bicycle isn't a toy; it's a vehicle!**

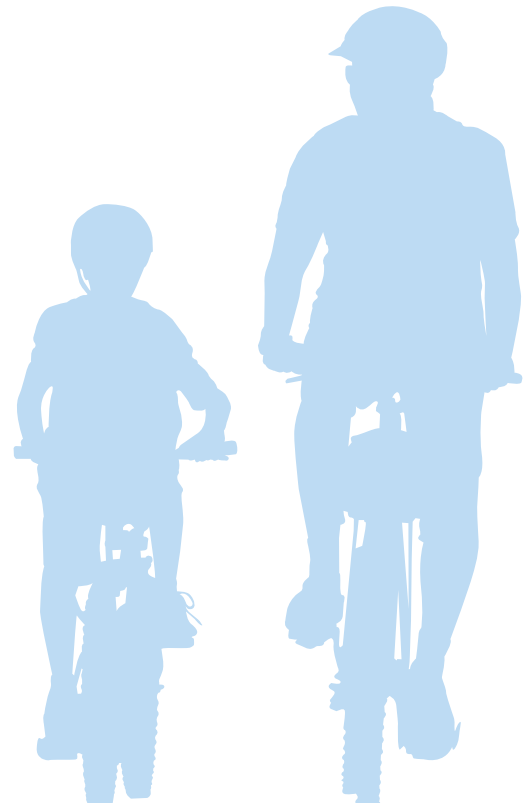
Some bike crashes can cause serious injuries and most are related to the behavior of you (the bicyclist) or the motorist. There are a number of things you can do to prevent a crash, and protect your brain if a crash occurs.

### Safe Riding Tips

**Before riding, make sure you, your family, and the bicycles are ready to ride. Be a "Roll Model" for other adults and children.**

#### Remember to:

- **Wear a Bicycle Helmet.** Everyone – at every age – should wear bicycle helmets. For more guidance on fitting a helmet, see the National Highway Traffic Safety Administration's *Fitting Your Bike Helmet*.
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, bad weather, or at night, make yourself visible to others. Wear neon, fluorescent or other bright colors when riding, to be most easily seen. Wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control the Bicycle.** Ride with two hands on the handlebars, except when signaling a turn. Place books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Look for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash.
- **Use Verbal and Non-Verbal Communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you, and stating "passing on your left," or "on your left."
- **Avoid Riding at Night.** It's hard for road users to see bicyclists at dusk, dawn, and nighttime. Use reflectors on the front and rear of your bicycle. White lights and red rear reflectors or lights are required by law in all States.





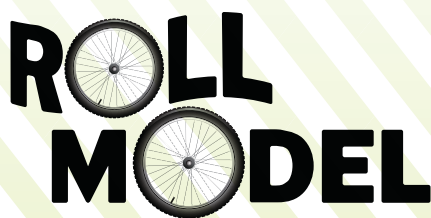
## Rules of the Road – Bicycling on the Road

In all States, bicycles on the roadway are considered vehicles, and bicyclists are the drivers, with the same rights and responsibilities as motorists to follow the rules of the road. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're the driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. Yield to pedestrians in a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes and ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronics when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

## Where to Ride Safely

- **Use bike lanes or bike paths, if available.**
  - While bicycles are allowed on many roads, riders may feel safer being separated from traffic. A lane or path is a safer choice than riding on a sidewalk.
  - Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic.
  - Sidewalk riding puts you at risk for crashes at driveways and intersections.
- **Children younger than 10 years old are not consistently able to make the decisions necessary to safely ride unsupervised in the street.** Therefore, they are safer riding away from traffic.
- **For anyone riding on a sidewalk:**
  - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
  - Watch for vehicles coming out of or turning into driveways.
  - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
  - Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.



U.S. Department of Transportation  
National Highway Traffic Safety  
Administration



For more information  
on bicycle safety, visit  
the NHTSA Web site at:  
[www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles).

# Fitting Your Bike Helmet

**Buy it. Fit it. Wear it.  
EVERY RIDE!**

## The Proper Helmet Fit

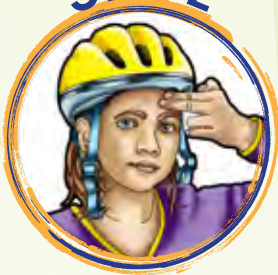
Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: [www.bhsi.org/](http://www.bhsi.org/).

### STEP 1

#### Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

### STEP 2



#### Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

### STEP 5



#### Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

### STEP 3



#### Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

### STEP 6



#### Final Fitting:

**A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

**B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.

**C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.

**D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

### STEP 4



#### Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



## Replace a Helmet.

Replace your helmet when it has been in a crash; damage is not always visible.

## Buy/Fit the Helmet For Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

## Ensure Helmet Comfort.

If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. Readjust as necessary to ensure the helmet fits properly each ride.

## Cover Your Forehead.

Adjust the helmet fitting based on your helmet first being in the correct position, level on the head and low on your forehead.

## Adjust Straps Until Snug.

Both the side and chin straps need to be snug.

## Avoid Helmet Rocking.

Your helmet should not rock forward or backward, or side to side on your head.

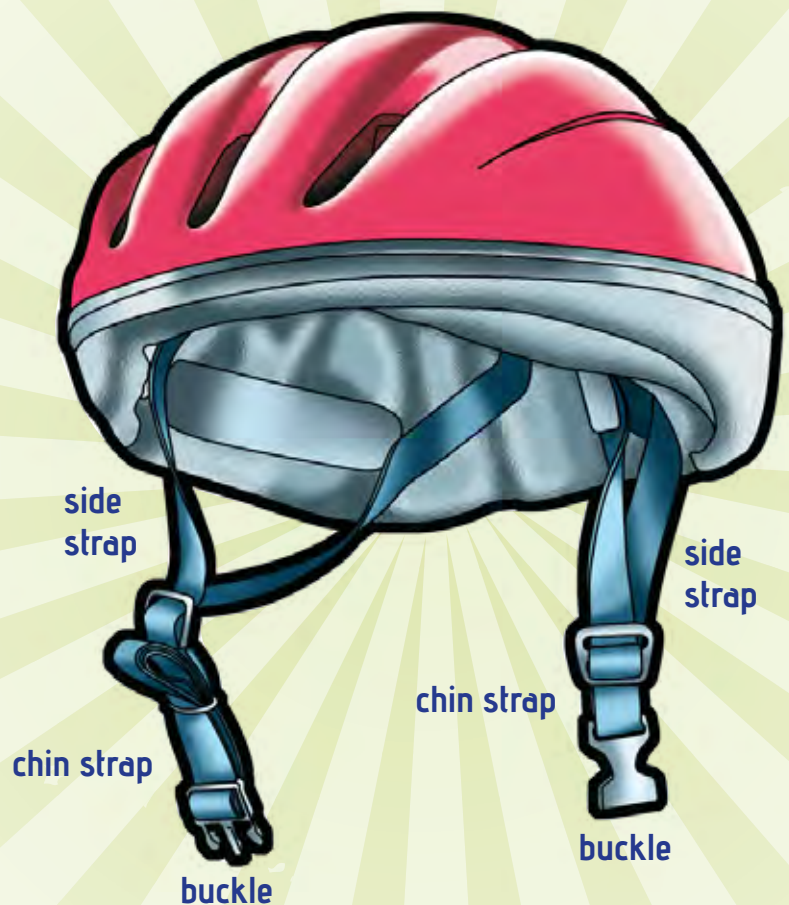
If your helmet rocks more than an inch, go back to step 6, and readjust.

## Be a “Roll” Model for Safe Behavior

Everyone — adult and child — should wear a bicycle helmet each time they ride. Wearing a helmet each ride can encourage the same smart behavior in others.

## Helmet Certification

Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the certification label inside the helmet.



## Helmet Laws

More children ages 5-14 go to emergency rooms for bicycle-related injuries than with any other sport; many are head injuries. As a result, many States and local jurisdictions have child bicycle helmet laws to increase and better ensure the safety of children when bicycling. See: [www.helmets.org/mandator.htm](http://www.helmets.org/mandator.htm).

Like car crashes, bicycle crashes can happen at any time, involving not only children, but adults, many of whom are skilled riders. In fact, middle-age adults represent the average age of bicycle riders killed and injured.

Helmets are the single most effective piece of safety equipment for riders of all ages, if you crash. Everyone should choose to wear a helmet; it just makes sense!

For more information on  
bicycle safety, visit the National  
Highway Traffic Safety  
Administration Web site at:  
[www.nhtsa.dot.gov/bicycles](http://www.nhtsa.dot.gov/bicycles)

**ROLL  
MODEL**



NASCAR drivers Austin and Ty Dillon love having fun in the outdoors – and going fast. Race cars reach speeds of 200 miles an hour and race car drivers know you have to be smart about being safe. Whether they're on or off the track, the Dillon brothers always wear safety gear and follow the rules that keep everyone around them safe.

The same goes for driving ATV's. You have to be smart.



THINK. RIDE. LIVE. 

100,000

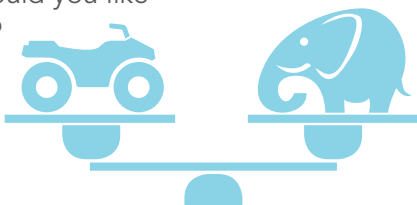
More than **100,000** people are injured each year on ATV's

**1 out of 4** of them are under 16

50%

Wearing a helmet on an ATV **reduces head and neck injuries by 50 percent!** That's a lot, so wear one. Your brain depends on it.

Some **ATVs weigh as much as 600 pounds** – as much as a baby elephant. Would you like that to land on top of you? We didn't think so.



Most ATVs are only built for one rider – various weight limits or bumps on your ride mean that you or someone riding with you have a much higher risk of getting seriously hurt



DEATH OR INJURY CAN OCCUR

ATV stands for All Terrain Vehicle, but there's one terrain that should never be ridden on – paved roads

When you ride an ATV on paved roads, there's a much bigger chance that it will roll over on you. That's a chance you do not want to take.

Parents, we need your help to keep kids safe. Keep in mind that the American Academy of Pediatrics recommends that **no children under 16 should operate off road vehicles.**



## ATV BASICS



Always wear a helmet



Never ride on paved roads



Only one rider at a time

ATV's are not toys. They're motorized vehicles that can cause injury and even death if ridden incorrectly. Use your brain. Don't damage it.

Remember: have fun and be safe, and ALWAYS wear your helmet.

To learn more, visit [SAVEINJUREDKIDS.org/atv](http://SAVEINJUREDKIDS.org/atv)







## **QUICK TIPS: General Guidelines For Riding A Motorcycle Safely**

### **Be visible:**

- Remember that motorists often have trouble seeing motorcycles.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Avoid riding in the blind spots of cars and trucks.
- If possible, flash your brake light when you are slowing down and before stopping.
- Have an escape route in case a motorist doesn't see you and violates your right-of-way.

### **Dress for safety:**

- Wear a quality helmet and eye protection. A full-face helmet provides the best protection.
- Wear leather or other sturdy, protective clothing (jacket and pants); over-the-ankle boots; and gloves.
- Bright clothing and a light-colored helmet increase the chances of being seen.
- Dress for a crash as well as for the ride.

### **Apply effective mental strategies:**

- Constantly search the road for changing conditions. Use the Search-Evaluate-Execute strategy (**SEE**) to assess and respond to hazards before you have to react to an emergency.
- Give yourself space and time as you search for traps and escape paths.
- Give other motorists time and space to respond to you.
- Use lane positioning to see and be seen.
- Search for vehicles that may turn across your path, especially at intersections.
- Use your turn signals for all turns and lane changes.
- Ride as if you're invisible.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road.

### **Know your bike and how to use it:**

- Study your motorcycle's owner's manual and make a habit of doing a pre-ride check.
- Visit [msf-usa.org](http://msf-usa.org) to take one of our online courses or review the wealth of information in our library.
- Get formal hands-on training and take refresher courses. Call 800.446.9227 or visit [msf-usa.org](http://msf-usa.org) to locate a Motorcycle Safety Foundation *RiderCourse*<sup>SM</sup> near you.
- Develop your riding techniques before venturing into traffic, especially emergency braking and swerving maneuvers. Practice often to keep your skills sharp.
- Corner within your skill limits. Aggressive cornering is a major cause of crashes.
- Know how to handle your bike in adverse conditions such as wet or sandy roads, high winds, and uneven surfaces.

***Remember: Be mindful of collision traps and escape paths. People driving cars often don't notice motorcycles. Ride within your skill level and situational limits.***

# QUICK TIPS



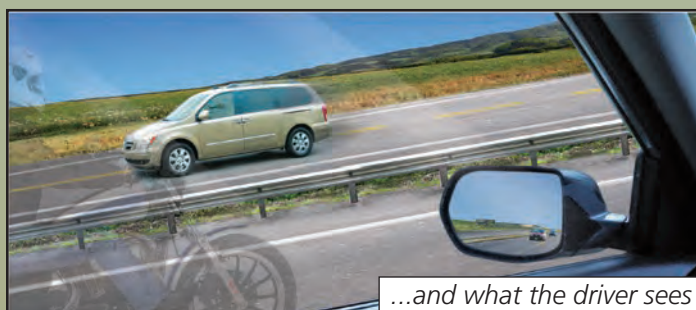
## PRETEND YOU ARE INVISIBLE

If you ride a motorcycle, you know that out on the road you might as well be transparent, because car drivers often look right past you. They might notice the car or truck behind you, but *you*, in all your "narrowness," may not register in the visual cortex of even the most alert drivers.

That's why an oncoming car driver might turn left in front of you at an intersection.



That's also why a driver in the next lane, even if they turn and look in your direction before changing lanes, might veer into your lane.



Sadly, drivers might behave this way even when they're not distracted by their cell phone, GPS, satellite radio, or other form of in-car infotainment. So how do you compensate for being "invisible" to drivers?

Be as conspicuous as possible. Wear bright clothing and a light-colored helmet. Always have your headlight on, and use your high beam or an aftermarket headlight modulator during the day (where allowed).

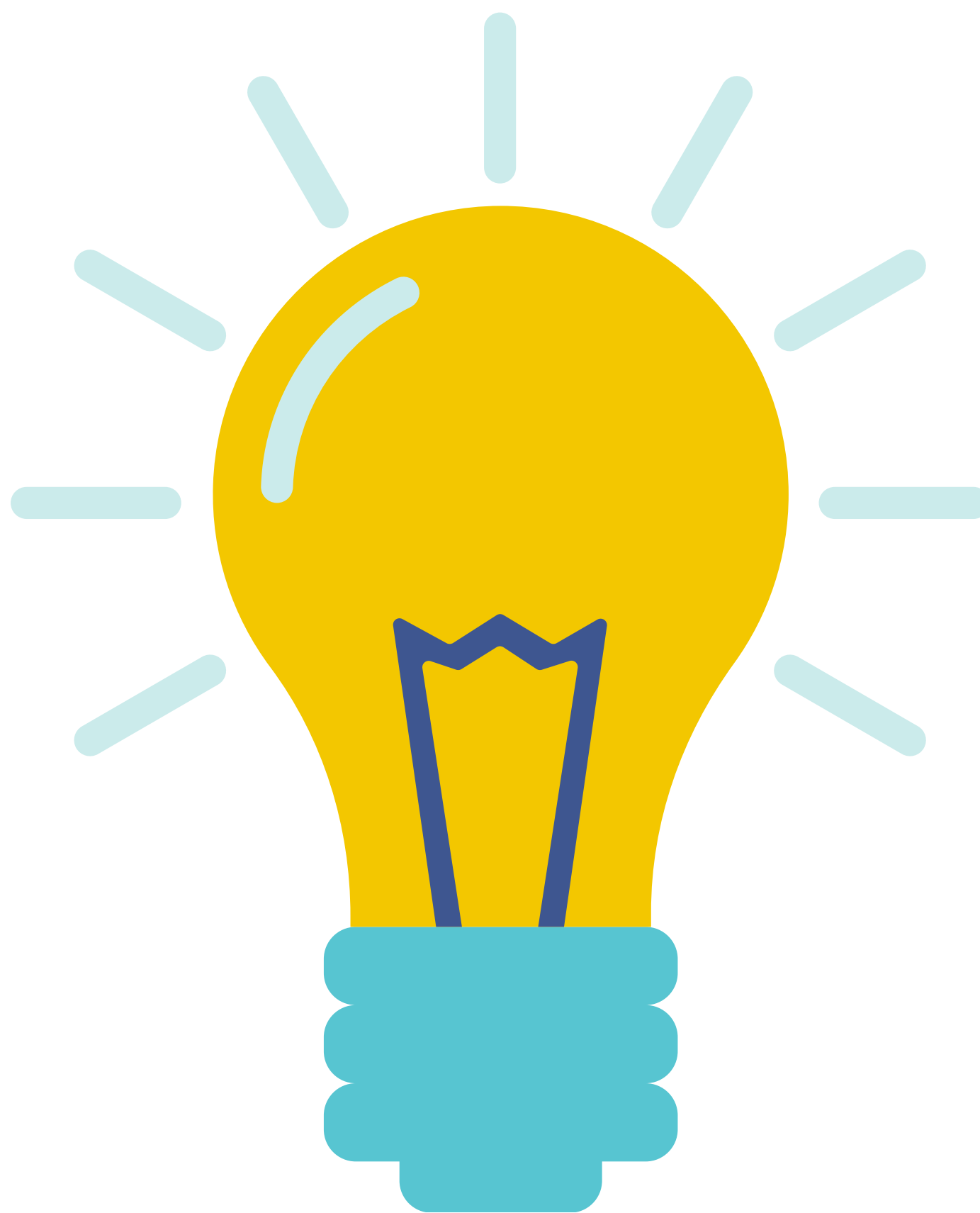
Take an approved rider training course. Learn how to maneuver your motorcycle in normal and emergency situations, and practice braking and swerving maneuvers often. Also understand that safe riding depends as much on the mental skills of awareness and judgment as it does on the physical skill of maneuvering the machine; respond early to possible hazards instead of having to react instantly to an emergency.

Pretend you're invisible. If you assume others on the road *can't* see you, and any car that *can* hit you *will* hit you, you will tend to ride in a hyper-aware mindset and learn to notice every detail in your surroundings. In other words, you will take extra responsibility for your safety and ride defensively. You will vary your speed and lane position to place yourself in the best spot on the road to avoid collisions, plan escape paths in case a driver violates your right-of-way, cover your brake controls to quicken your reactions, use your horn to alert a driver who doesn't notice you, and always ride within your limits.

CAR DRIVERS ONLY SEE WHAT THEY EXPECT TO SEE, AND MOST DON'T EXPECT YOU TO BE PART OF THE TRAFFIC MIX. RIDE WITH THE RIGHT SKILLS, STRATEGIES, AND ATTITUDE. BE SEEN – BE SAFE.



# ADDITIONAL RESOURCES



# Your Health and Wellness Navigation Team

## Did you know?

As part of your benefits, you can reach out to your Health and Wellness Navigation Team at any time regarding any health and wellness topics at **no cost!**

We have an abundance of evidence-based resources to share with you and can also create customized health and wellness resources just for you!

We look forward to connecting with you and supporting you on your wellness journey!

## How We Can Help:

### Individualized Services

- One-on-one meetings
- Connection to employee benefits
- Connection to resources in your community
- Evidence-based research on topics of interest

### Department-Level Initiatives

- Lunch and learns on health and wellness topics of interest
- Wellness calendars with bimonthly wellness topics
- Customized resources
- Assistance with health and wellness interest surveys

## Connect with us!



**Your Health and Wellness Navigation Team**

207-620-9209

[WellnessNavigator@mcd.org](mailto:WellnessNavigator@mcd.org)

### Office Hours:

Monday - Friday  
8:00am to 4:30pm





**wellstar@mcd.org**  
**(207) 620-9202**

- **Having trouble logging in?**
- **Can't remember your login or the email address you used?**
- **Need help updating your password?** Contact WellStarME at 207-620-9202.

WellStarME staff **cannot** provide spouse or domestic partners passwords.  
The registered owner of the WellStarME account **must** contact WellStarME personally.

- **Don't have an email to register in WellStarME?**

You can use GMAIL. Go to [www.gmail.com](http://www.gmail.com) or you can contact WellStarME at 207-620-9202

- **If WellStarME will not load on your computer, try using Google Chrome or Firefox.**
- **Completed your Wellness Questionnaire but your scorecard states it is not complete?**
  - Are you sure you were in your own **personal** WellStarME account?
  - Did you complete the Wellness Questionnaire by clicking on the "submit your answers" button at the end?
- **Does my spouse or domestic partner have to do everything as well for me to qualify for the credit?** If they are on your health plan, the answer is **YES!!**
- **Both employee and spouse/domestic partner must watch the video and answer the quiz questions following the video.** Each of you must be logged your your own personal WellStarME account.
- **Can employee and spouse/domestic partner use the same email address?**

**NO!!!!** Need help getting a separate email to use? Contact WellStarME at 207-620-9202.