

July is:

- Fireworks Safety Month
- COVID-19 Summer Safety Guide 2021
- Extreme Heat Awareness Month
- Ultra Violent Safety Month



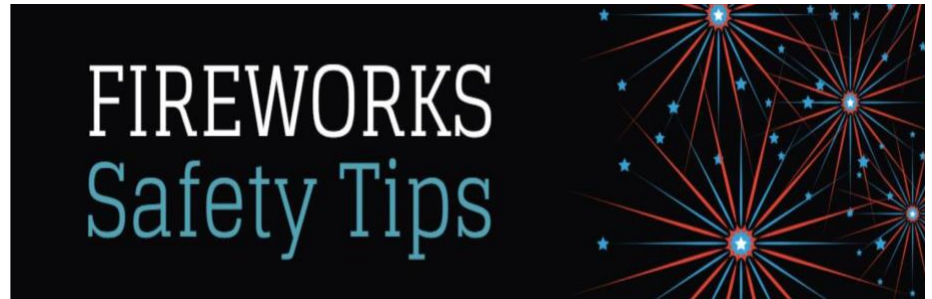
²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Galations 5:22-23

In His Service,
H-3 Ministry



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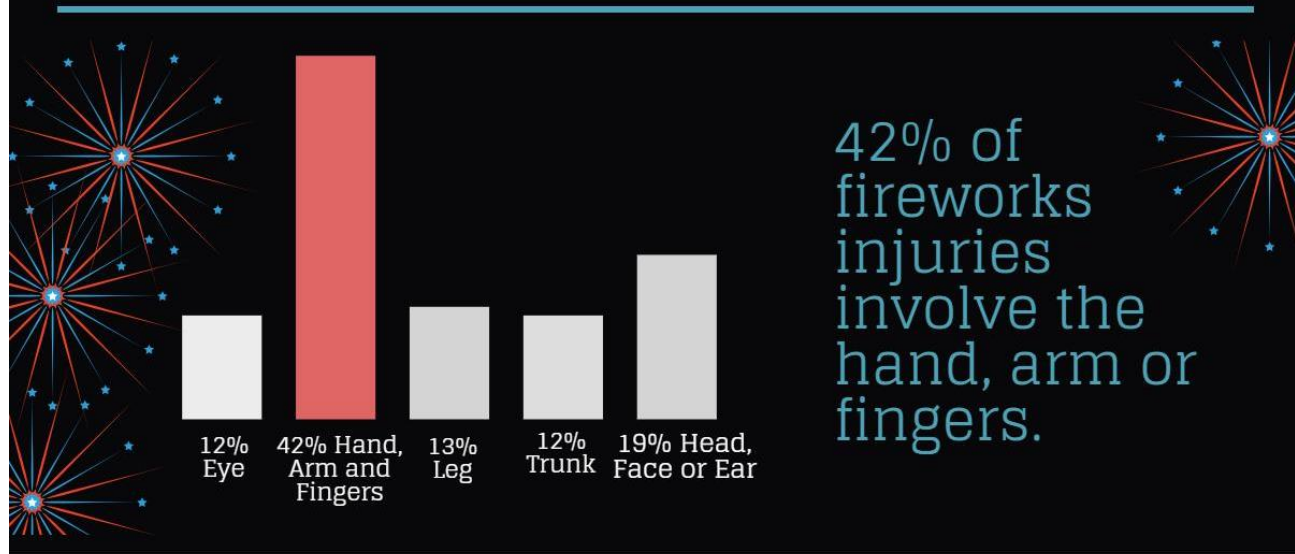


Fireworks injuries are all too common around the July 4 holiday. The majority of these injuries are to the hand, arm and fingers, many times resulting in an amputation. The hand surgeons of the American Society for Surgery of the Hand encourage you to be safe while using fireworks this year to avoid a serious injury that could change your life.

Here's how to use fireworks safely:

DO	DON'T
Obey safety barriers around a fireworks show and stay 500 feet from the launch site.	Get too close to the fireworks.
Supervise teens when using fireworks.	Allow children to use fireworks or sparklers.
Wear eye protection when using fireworks.	Use fireworks inside at any time.
Read the labels and instructions before using fireworks at home.	Try to relight a "dud" firework. Soak in water before throwing away.
Remain standing when using sparklers.	Throw sparklers, even when not lit.
Soak used fireworks in water before throwing in a trash bag.	Touch fireworks debris. It may still be hot.

57% of all fireworks injuries involve:



ASSH | American Society for
Surgery of the Hand

Learn more at
www.handcare.org

FIREWORKS

Each year, fireworks injure thousands and cause thousands of fires.



Fireworks cause an estimated **19,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 9,100 people for fireworks-related injuries in 2018.



SAFE FIREWORKS DISPOSAL

What do you do when the fun is over?



- * Soak spent fireworks thoroughly with water
- * Afterwards place the soaked fireworks in a fireproof container with a lid
- * Always store the firework trash away from buildings & flammable items

ALWAYS SAFELY DISPOSE OF USED FIREWORKS!



The National Council on Fireworks Safety is a 501(c)(3) charitable organization whose sole mission is to educate the public on the safe and responsible use of consumer fireworks.

www.FireworksSafety.org

Your COVID-19 Summer Safety Guide

What's the best way to enjoy a beautiful summer day while keeping COVID-19 at bay — vaccinated or not? Experts offer advice for the park, pool, playground, and more.

A summer of fun in the sun is looking a lot more possible this year compared with last year, thanks to COVID-19 vaccines that have changed the course of the pandemic in the United States.

“Truly, it is a miracle of science that we have not just one but multiple types of vaccines that are so highly effective in preventing serious disease, hospitalization, and death from COVID-19,” says Lisa Lockerd Maragakis, MD, MPH, associate professor of medicine and epidemiology at Johns Hopkins University School of Medicine and senior director of infection prevention at the Johns Hopkins Health System, both in Baltimore.

“It's really going to change what people are able to do this summer and heading into next fall,” she adds.

On top of that, the Centers for Disease Control and Prevention (CDC) released new COVID-19 guidelines in May, saying that people who are fully vaccinated can resume most activities without wearing a mask or social distancing, both indoors and out.

Many states around the country have responded to this rather sudden change by expanding the capacity of parks, trails, and restaurants and no longer requiring masks or social distancing in public spaces or at events.

Unvaccinated Individuals: Still at High Risk

The revised CDC guidance led to joy and celebration for many fully vaccinated people but seemed to cause a fair amount of confusion and uncertainty in those who aren't, says Dr. Maragakis.

One unintended consequence of the CDC shift may be that some unvaccinated individuals will opt not to wear masks, raising their risk of getting or spreading the virus.

“Unfortunately, the risk to unvaccinated individuals is going to dramatically rise as everyone else abruptly stops wearing masks. These individuals might need to curtail their activities even further and be even more cautious until they can become fully vaccinated,” says Maragakis.

“The bottom line is that if you are unvaccinated, you are susceptible to the virus,” she emphasizes.

Masks Aren't Necessary While Running or Biking

Both vaccinated and unvaccinated people can walk, run, wheelchair roll, or bike outdoors without a mask, according to CDC guidelines.

The risk of COVID-19 transmission outdoors is orders of magnitude lower than it is indoors, says Maragakis. "It's much, much safer to be outdoors without a mask than to be indoors without a mask due to the large volume of air and the way that air moves, and because of the kinds of activities that we do outdoors," she says.

Outdoor Contact Sports Are Relatively Safe

Outdoor sports like soccer present a relatively low risk of COVID-19 transmission, says Maragakis. "Studies of sporting events show that contestants on the different teams don't spend a great deal of time in very close proximity to each other over the course of a basketball game, for instance," she says.

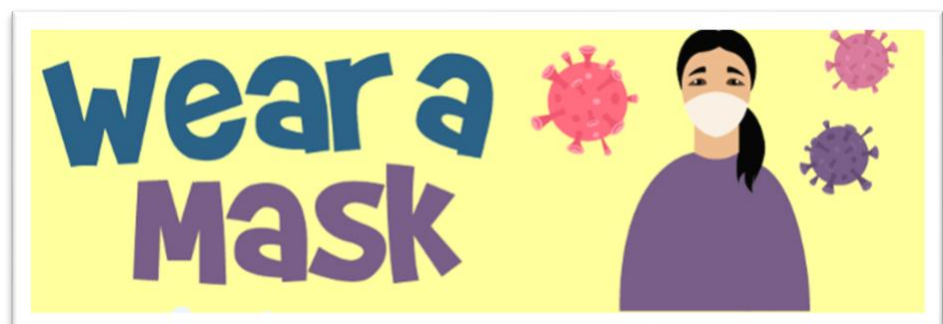
But Paul Pottinger, MD, a professor in the division of allergy and infectious diseases at the University of Washington's department of medicine in Seattle, points out that team gatherings off the field — for water breaks or huddles, for instance — could allow unvaccinated people to spread the virus. "They should follow the guidelines to avoid the spread of COVID-19, which would include social distancing and wearing a face covering," he says.

Outdoor Sporting Events and Concerts Could Be Risky for the Unvaccinated

The CDC considers attending a crowded outdoor gathering such as a sporting event or live performance a "least safe" activity for people who aren't vaccinated.

Many venues have arranged "pod seating" to help minimize COVID-19 risk. For instance, Citi Field in New York City offers socially distanced sections, with tickets to baseball games sold in pods ranging from one to six seats. Each pod is separated from others by at least 6 feet.

Unvaccinated people should socially distance and wear a face covering when away from their pod, Maragakis says.



Playdates for the Youngest Kids Require Caution

COVID-19 vaccines may be available this fall for U.S. children as young as 6 months, according to The New York Times, but for now, children under 12 can't get one. That means indoor playdates still present a COVID-19 risk.

"Anybody of any age who's unvaccinated or partially vaccinated needs to continue to wear a mask when indoors in proximity of other people who are outside their own household," says Maragakis. Social distancing, she says, is advisable as well. "It's really the same precautions that we've all utilized throughout the pandemic," she explains.

Parks and Playgrounds Also Pose Risks

Parks and playgrounds require COVID-19 precautions, too, according to the CDC. The agency recommends that unvaccinated people avoid crowded areas and stay at least 6 feet away from people who don't live with them.

Washing hands often for at least 20 seconds or using hand sanitizer can help reduce the spread of germs, the CDC says.

Amusement Parks Require New Strategies

"I would be concerned about going to an amusement park if it were being approached in the old normal way of doing things," says Humberto Choi, MD, a pulmonologist at the Cleveland Clinic in Ohio. "There can be a bunch of people in long lines for several minutes or even an hour or more. Sometimes people have to go into a smaller room before a ride to watch a video or for pre-ride entertainment, and that could be a confined space where social distancing is difficult." These scenarios would not be safe for unvaccinated people, including children, according to the CDC.

Overnight Camp: Better to Wait

"I think it would be safest to wait for sleepaway camps until children can be fully vaccinated," says Maragakis. There may be relatively safe scenarios for camps to operate, but these would require measures like not sharing rooms. "It's possible that a camp could use COVID-19 testing to reduce some of the risk for virus transmission, provided it was done properly," Maragakis says.



Outdoor Hangouts: The Smaller, the Safer

Going to a barbecue attended by a few other people is probably okay as long as you are social distancing, says Choi. “If you aren’t from the same household, it’s a good idea to bring your own food, drink, supplies, and utensils,” he says.

The CDC recommends that unless everyone in the group is vaccinated, it’s best to keep any gathering small to reduce the risk of the virus spreading.

Swimming Pools Are Fine With Social Distancing

There’s currently no evidence that COVID-19 can spread from person to person through the water in pools, hot tubs, spas, or water parks. The disinfection with chlorine and bromine that are part of the daily maintenance of the water should inactivate the virus, according to the CDC.

Outdoor pools are relatively safe provided that people maintain physical distancing or keep interactions brief, says Maragakis. “Since crowds carry more risk, crowded swimming pools should be avoided, especially for the unvaccinated,” she says.

The CDC recommends not wearing a cloth mask while swimming because it can be hard to breathe once the mask gets wet, and wet masks aren’t as effective in preventing virus spread as dry ones. Social distancing while enjoying the water is the best way to stay safe.

Beaches Are Back

“If there’s any transmission in the beach setting, I would suspect that it would most likely be from close proximity to people,” Choi says.

Especially if you’re unvaccinated, make sure you’re setting up your towel or area at least 6 feet apart from other groups. “What you really want to avoid is a large conglomeration of people in a small space, and this is possible at most beaches,” says Choi.

The aerosols (tiny, airborne respiratory droplets) from a person infected with COVID-19 will disperse in a short time outside, which makes transmission unlikely, says Choi. “When the weather is windy or sunny, that time is even shorter,” he adds.



Keep Your Cool in Hot Weather!



Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.



Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?

- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- If you are wearing a cloth face covering and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the face covering. More safety tips: <https://www.cdc.gov/disasters/extremeheat/heattips.html> #COVID19.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition, and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness.
- Learn more about how to protect young athletes from heat-related illness by taking this CDC course.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.

- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
 - Wear loose, lightweight, light-colored clothing and sunscreen.
 - Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

UV Radiation



Taking steps to protect yourself from the sun is a year-round responsibility. Protect yourself and others from the sun with shade, a shirt, or sunblock (SPF 15+) all year long.

Ultraviolet (UV) radiation is a form of [non-ionizing](#) radiation that is emitted by the sun and artificial sources, such as tanning beds. While it has some benefits for people, including the creation of Vitamin D, it also can cause health risks.

- Our **natural** source of UV radiation:
 - The sun

- Some **artificial** sources of UV radiation include:
 - Tanning beds
 - Mercury vapor lighting (often found in stadiums and school gyms)
 - Some halogen, fluorescent, and incandescent lights
 - Some types of lasers

Benefits

Beneficial effects of UV radiation include the production of vitamin D, a vitamin essential to human health. Vitamin D helps the body absorb calcium and phosphorus from food and assists bone development. The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

Risks

- Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.
- Some oral and topical medicines, such as antibiotics, birth control pills, and benzoyl peroxide products, as well as some cosmetics, may increase skin and eye sensitivity to UV in all skin types.
- UV exposure increases the risk of potentially blinding eye diseases, if eye protection is not used.
- Overexposure to UV radiation can lead to serious health issues, including cancer. Skin cancer is the most common cancer in the United States. The two most common types of skin cancer are basal cell cancer and squamous cell cancer. Typically, they form on the head, face, neck, hands, and arms because these body parts are the most exposed to UV radiation. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to UV radiation.

Anyone can get skin cancer, but is more common in people who:

- Spend a lot of time in the sun or have been sunburned.
- Have light-color skin, hair, and eyes.
- Have a family member with skin cancer.
- Are over age 50.



TO PROTECT YOURSELF FROM UV RADIATION:

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Consider options to protect your children.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- Avoid indoor tanning. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

Resources:

<https://www.cdc.gov/nceh/features/extremeheat/index.html>

<https://www.everydayhealth.com/coronavirus/your-covid-19-summer-safety-guide/>

<https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html>

<https://www.assh.org/handcare/blog/how-to-use-fireworks-safely>