



MONTHLY NEWSLETTER

August 2022

FITNESS FOCUS

AVOIDING BUG BITES

TICKS

Some steps to help avoid tick-related diseases when walking through, playing or sitting in brushy and grassy areas include:

- Apply insect repellents such as those containing 20 percent or more DEET and/or picaradin.
- Wear light-colored clothing to make it easier to see ticks crawling on clothing.
- Tuck pant legs into socks.
- Upon return from potentially tick-infested areas, search yourself and children for ticks and remove if found.
- Check pets for ticks; use tick control products recommended by veterinarians.

MOSQUITOES – The 5 “D”s

“We want people to remember the actions we’ve been talking about for years to help prevent mosquito bites,” Tillman said. “These steps can help protect you and your family [from mosquito bites].”

1) DAWN and 2) DUSK –

Mosquitoes prefer to feed at dawn or dusk, so avoid spending time outside during these times.

3) DRESS – Wear shoes, socks, long pants and a long-sleeved shirt outdoors. Clothing should be light-colored and made of tightly woven materials.

4) DRAIN – Mosquitoes breed in shallow, stagnant water. Reduce the amount of standing water by draining and/or removing.

5) DEET – Use an insect repellent containing DEET or Picaridin (KBR 3023). Oil of lemon eucalyptus can also be effective. (kt)

HEALTH TIP



TREATING AND REPORTING DOG BITES

307Health has taken care of a fair number of dog bites in the past 7 years. Some of these bites have only required a good cleansing, while other have required wound closure assistance with stitches. According to the CDC, approximately 4.5 million dog bites occur each year with roughly 800,000 of those bites resulting in medical care.

Sometimes dogs bite because they are startled or because they are using dog language to protect territory, while other bites are the result of an unprovoked attack. We have found that understanding the reason for the bite is an important distinction to make as we sort out how to manage the bite after-effects in both the person and dog.

Reporting of dog bites by a medical provider is not mandated. This means that doctors are not under legal obligation to report a dog bite event to the police. However, animal control would like to know about all dog bite situations early on to protect the bitten person, as well as to prevent future bites by the dog in question. Ideally, animal control will be able to rapidly evaluate a dog's vaccination status to make sure vaccinations are up-to-date.

We strongly encourage people who experience a dog bite to report the bite to animal control through their local police department. 307Health can help facilitate this report during a dog bite treatment visit. Filing a dog bite report is easy. Simply call your local police department and they will take it from there. (mt)



DOCTOR'S NOTE

MEDICAL KITS FOR SCHOOL AND COLLEGE

By Dr. Bartholomew

The end of summer is approaching. This means school preparations are starting. In our household, my family is preparing to send our first born off to college (gulp) so I thought I would share some ideas on the health care items for students leaving home to continue their education.

- Skin Care – Liquid band-aid for cuts, regular band-aids, gauze, Coban wrap, ACE wrap, and bacitracin or other topical antibiotic ointment.
- Pain Relief – Over-the-counter NSAIDs acetaminophen and ibuprofen.
- Allergies – Over-the-counter Claritan, Zyrtec and Benadryl. The generic version of these medications work just as well and cost less.
- Colds / CoVID – Decongestant and cough medication such as Mucines-DM; zinc drops like Cold-Eze or Zicam; thermometer.
- Sleep Aids – Melatonin and Benadryl.
- Nausea / Vomiting – prescription Zofran (ondansetron) is always nice to have on hand. Tums and Mylanta for heart burn. Pepto-bismol if diarrhea develops.
- Kleenex - And lastly, a box of Kleenex for mom and dad as we send our children out into the world!

A more complete list can be viewed online [HERE](#) in the article, “How to Put Together The Most Complete First Aid Kit for Your Teen” hosted on the *Grown & Flown* website.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



OUR SEVENTH YEAR OF JUNIOR LIVESTOCK SALE SUPPORT

For the past seven years, 307Health has been proud to support our local 4-H students and Future Farmers of America students as a volume buyer at the Park County Junior Livestock Sale. This tradition of support comes of a desire to give back to the community that has placed its trust in 307Health and to support the hard work and practical education of local youth.

This year's sale was no exception - the quality of animals and the young people who raised them were again excellent. We thank the organizers, volunteers, parents and the participants for putting on another excellent year at the Junior Livestock Sale. We wish you all the best in your future endeavors!

307HEALTH RECOMMENDS ORDERING FREE COVID TESTS

The state-provided COVID test kits that have allowed 307Health to offer free CoVID testing for our members is running low with no indication from the State Health Department that additional test kits will be sent out to area medical providers.

Given this situation, we are recommending that every household access the U.S. Government's free test kit program and order their eight free test kits to have on hand as back-up to 307Health in-house testing should a test be deemed advisable.

Once 307Health's free CoVID test kit supply is depleted, new test kits will be purchased for our supply inventory with their cost passed along to the patient who uses the test kit. We will let you know test kit cost once this step is taken.

Free at-home test kits can be ordered online here - WWW.COVID.GOV/TESTS/

BANK TRANSFER VS. CHARGE CARD

307Health prefers automatic payment of patient accounts via bank transfer over charge cards. Call us today if you would like to make the switch!



MEMBER SERVICES FOCUS

SPORTS PHYSICALS – THINGS TO BRING

Here is a quick reminder of things to bring to your student's "Sports Physical" appointment this year...

- Your Student (..)
- Glasses.
- WSAA Form signed by a parent if the student is under 18.

Forms are available on our website www.307Health.org under the "Forms" tab. The required exam must be signed by a medical provider before any athlete can practice with their sport team. Practices will begin mid-August. Get scheduled today!

NEW WEEKLY HEALTH FAIR LAB HOURS AT POWELL HOSPITAL

PVHC's Wellness Lab Screening
Thursdays
6:30 to 9:00 AM
Located in Clinic Building A
754-2267
Powell Valley Healthcare
777 Avenue H, Powell • 307-754-2267 • www.pvhc.org

WYOMING DEPT OF HEALTH

DON'T LET BUG BITES

GET YOU DOWN

05/10/22 WDOH News Reprint

A few potentially serious insect-spread diseases linked with warmer weather and outdoor activities can be avoided with simple personal actions, according to the Wyoming Department of Health (WDH).

"The reported case numbers from the diseases ticks and mosquitoes can cause are usually not high compared to other illnesses, but we seem some activity each year and the results can be quite serious for some people," said Courtney Tillman, epidemiologist with WDH. "Avoiding these insects and their bites is the key."

Serious diseases sometimes spread by infected ticks in Wyoming include tularemia, Rocky Mountain spotted fever (RMSF) and Colorado tick fever (CTF).

Tularemia symptoms include fever, swollen and painful lymph glands, inflamed eyes, sore throat, mouth sores, skin ulcers and diarrhea. If the bacteria are inhaled, symptoms can include sudden onset of fever, chills, headache, muscle aches, joint pain, dry cough and progressive weakness and pneumonia. Initial RMSF symptoms may include fever, nausea, vomiting, muscle pain, lack of appetite and severe headache. Later signs and symptoms may include rash, abdominal pain, joint pain and diarrhea. CTF usually causes fever, headache, muscle and joint pain, and, occasionally, a rash.

"We want people to remember the actions we've been talking about for years to help prevent mosquito bites," Tillman said. "These steps can help protect you and your family."

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See the "Fitness Focus" box for specific bite prevention tips. See **HERE** to read the full source article.