



LIVE WELL WORK WELL

MANAGING ALLERGIES And Staying Safe in the Sun

“Summer is filled with fun festivities, but allergy and asthma sufferers need to be aware of the triggers which can sometimes ruin their good time,” said allergist Michael Foggs, President and MD at American College of Allergy, Asthma, and Immunology. “Working with an allergist who can arm you with knowledge about possible risks, and how to handle them, means getting back to all the outdoor activities, family reunions, camping, and swimming that people love about summer.”

Managing Asthma during Summer Events

Fireworks and campfires are a staple of the 4th of July, but smoke can cause asthma symptoms to flare. Allergists recommend keeping your distance from campfires, and if you have to be near one sit upwind if possible. If you can’t resist fireworks, consider wearing a NIOSH N95 rated filter mask to keep smoke out of your lungs, and always carry your reliever inhaler.

Additionally, sudden changes in the weather can trigger an asthma attack. Keeping an eye on the weather and knowing how changes might affect your asthma will go a long way towards helping you enjoy the summer season.

Addressing Allergies to Summer Produce

If you suffer from hay fever and you’ve ever experienced an itchy mouth, scratchy throat, or swelling of your lips or mouth after eating certain raw fruits or vegetables, you may have oral allergy syndrome. Oral allergy syndrome is caused by cross-reacting allergens found in pollen, raw fruits, vegetables, or some tree nuts. An allergist can help you determine if your reaction to certain foods has to do with oral allergy syndrome.

Taking Care of Allergic Reactions to Insect Bites

If you experience facial swelling, difficulty breathing or another unusual reaction after being stung or bitten by an insect, call 911 and receive immediate emergency care. Follow up with an allergist, who will prescribe epinephrine and possibly allergy shots that can save your life.

Avoiding Adverse Reactions to Chlorine

The smell of chlorine is an irritant for some, causing allergy-like eye and nose itching and discomfort. Some people with asthma also experience difficulties when coming in contact with chlorine. Skin sensitivity to chlorine is often treated by washing the affected area with clean water to remove traces of the remaining irritant. In some cases a corticosteroid cream may be prescribed, and hives can be treated with an antihistamine.

American College of Allergy, Asthma and Immunology (ACAAI). “Breathe easy & don’t scratch this Fourth of July.” ScienceDaily. www.sciencedaily.com/releases/2014/06/140630113453.htm (accessed June 19, 2017).



SIMPLE SUMMER ACTIVITIES

Your Kids Are Sure to Love

Summer is often filled with outdoor parties, warm weather, and no school. Unfortunately, the arrival of summer can bring stress for many parents as they search for ways to keep their kids happy, healthy, engaged, and safe without breaking the bank. Listed below are a few simple and inexpensive activities that you and your children can do together this summer.

- **Make homemade frozen treats:** Cooking together is a great way to create memories that will last a lifetime and instill healthy habits in your children. For more recipes to get you started, [click here](#).
- **Visit a local farmers market:** A farmers market is a great opportunity to talk to your kids about where your food comes from and let them encounter foods they might not see at the grocery store.
- **Go hiking:** Enjoy the summer weather and your state's scenery and get some exercise by taking a family hike at your nearest trail.



REACTING TO A SEIZURE:

Preventing Injuries with Seizure First Aid

According to the U.S. Centers for Disease Control and Prevention (CDC), 1 in 10 people may have a seizure in their lifetime. A seizure is a change in the brain's electrical activity that can cause a variety of symptoms, including violent shaking, falling, and losing control of your body. However, because there are different types of seizures, symptoms can vary.

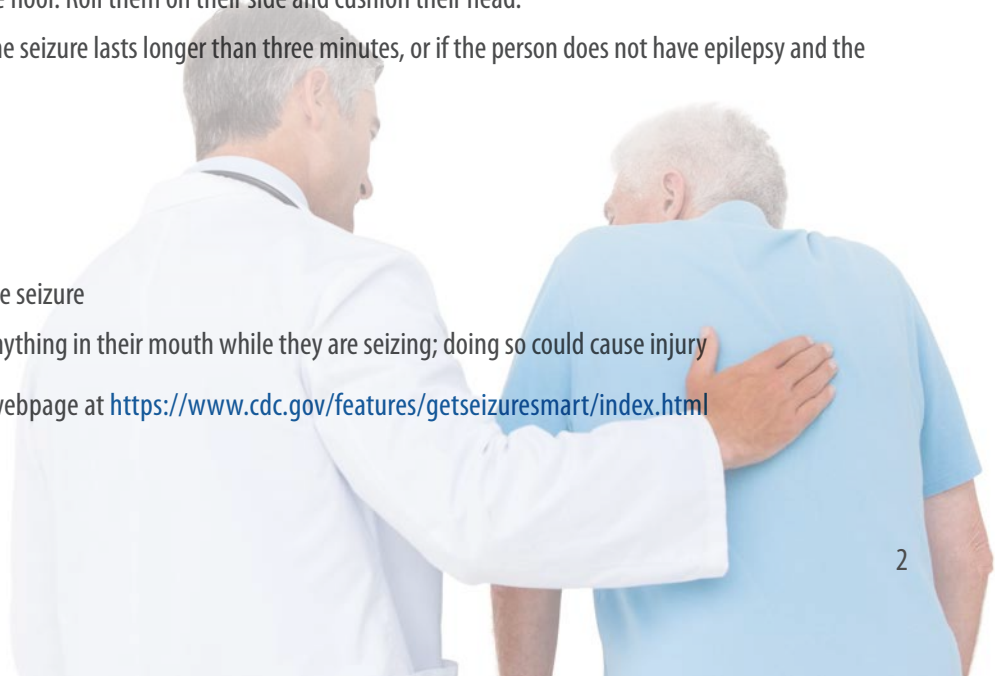
Knowing proper seizure first aid is important so that you can help keep a person who is having a seizure safe and prevent further injury. General seizure first aid includes the following:

- Clear the area immediately to prevent possible injury.
- If the person is standing, gently guide them to the floor. Roll them on their side and cushion their head.
- Time the seizure; if the person has epilepsy and the seizure lasts longer than three minutes, or if the person does not have epilepsy and the seizure lasts longer than five minutes, call 911.

Call 911 if any of the following apply:

- The person is pregnant
- The person has never had a seizure before
- The person does not regain consciousness after the seizure
- Do not attempt to hold the person down or put anything in their mouth while they are seizing; doing so could cause injury

For other seizure first aid tips, please visit the CDC's webpage at <https://www.cdc.gov/features/getseizuresmart/index.html>



NATURAL WILDERNESS AREAS

Need Buffer Zones to Protect from Human Encroachment

Despite heavy development, the United States still has millions of acres of pristine wild lands. Coveted for their beauty, these wilderness areas draw innumerable outdoor enthusiasts eager for a taste of primitive nature. But researchers say these federally protected nature areas have a problem: their boundaries have become prime real estate.

“People like the idea of having a national forest in their back yard,” said Lauren Ward, a graduate student at UGA’s Warnell School of Forestry and Natural Resources. “But from over-applying lawn care chemicals to introducing invasive plant and animal species, landowners’ choices can have far-reaching negative impacts on neighboring wilderness areas.” We need buffer zones, Ward said.

In an article published in the journal *Illuminare*, Ward and Gary Green, an associate professor in the Warnell School, propose that federal agencies overseeing these wild areas begin creating zones to help wilderness managers better preserve and protect them. Encroachment into wilderness areas will only continue to worsen as the U.S. population grows, Ward said, with some estimates predicting the number of people doubling by 2050.

There are nearly 1,000 designated wilderness areas in the national wilderness system, made up of nearly 110 million acres, that remain in its natural condition. Human activities are limited on these lands to preserve their pristine state and leave it untainted by people. These areas include national parks, wildlife refuges, and national forests maintained by four federal agencies. Visitors to these lands are restricted in what they can do and are encouraged to “leave no trace.”

In the article, Ward and Green lay out three factors influencing the encroachment into wilderness areas: population growth, increasing technology, and global climate change. These factors could lead to loss of undeveloped land surrounding protected wilderness areas, soil erosion, air pollution, reduced water quality, and the spread of invasive species.

Ward and Green propose that wilderness managers establish five zones around these protected areas:

1. A central “core zone” where all human activity would be banned;
2. A zone surrounding the core to be used for scientific research and environmental education;
3. Cultural and historical zones that would allow managers to protect and improve the unique qualities of each site;
4. A recreation zone where all users would be allowed for outdoor play;
5. A buffer zone surrounding them all to help minimize outside impact. In some cases, it might be necessary to work cooperatively with private landowners around wilderness areas.

The zones are just a proposal, Ward explained, so it would be up to wilderness managers to use them as a flexible tool and work with local communities to promote sustainable development and ecologically responsible land use. Their study also focuses on how these managers can use buffer zones to help better manage natural resources and mitigate outside influences.

“Wilderness is easy to destroy, but it is nearly impossible to re-create. Americans should continue to protect natural wild lands for future generations to enjoy,” Ward said.

University of Georgia. “Natural wilderness areas need buffer zones to protect from human development: Researchers look at ways to protect biodiversity, untouched lands.” *ScienceDaily*. www.sciencedaily.com/releases/2015/06/150627081222.htm (accessed June 15, 2017).



STAYING SAFE

During Your Summer Cookouts

Though grilling is an extremely popular way to prepare food in the summer, it can also be dangerous. According to the U.S. Fire Administration, gas and charcoal grills account for an average of 10 deaths and 100 injuries annually. Additionally, the National Fire Protection Association reports that an average of 8,900 home fires are caused by grilling each year.

This year, keep the following safety suggestions in mind when you fire up your grill:

- Make sure your grill is at least 3 feet away from other objects, including your house, trees, and outdoor seating.
- Remember that starter fluid should only be used with charcoal grills and never with gas grills.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting.
- Do not bring your grill into an unventilated or enclosed space such as the garage or the inside of your home.
- Do not let children or pets play near the grilling area when cooking until the grill is completely cool.



JULY RECIPE

Turkey Burgers

- 1 pound ground turkey (85% lean, 15% fat)
- 1 medium onion
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. parsley



Begin by chopping the onions. Combine turkey, onions, lemon juice, Worcestershire sauce, and parsley in a bowl and mix well. Shape mixture into four patties. Next, cook in a frying pan over medium heat or grill until internal temperature reaches 165° F. Serve on buns with traditional hamburger toppings.

Yield: 4 Servings. Each serving provides 224 Calories, 14 g of Fat, 6 g of Carbohydrates, 4 g of Saturated Fat, 74 mg of Sodium, 1 g of Dietary Fiber, 20 g of Protein. Percentage daily values are based on a 2,000 calorie diet. Source: USDA