

TADISO TIMES

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IMPORTANT NEWS.....

Tadiso will recognize Independence Day on July 5.

Clinic hours will be 6am-1:45pm.

Have a safe holiday weekend.



NEW TAKE-HOME MEDICATION RULE

If you do not attend the clinic during the week, you may not be eligible for take-home medication on Friday.

Effective July 2, if you miss 4 consecutive days of dosing, you have to return to the clinic between **6am and 12noon** to be re-instated. Otherwise, you have to wait until Monday. Our physicians are only available until 12 noon on Friday. This does not apply to those released from the hospital or the ACJ.

Example: If you miss Monday – Thursday and come in on Friday, you must come in before 12 noon. Also, you are not guaranteed to receive take home bottles for the weekend.

NEW TAKE HOME SCHEDULE IN AUGUST

Patients will return to regular EARNED take home schedule on August 1. If there is another emergency situation regarding the pandemic, we will adapt this schedule.

NEW POLICY ON MEDICAL APPOINTMENTS

Patients due for Semi-Annual Dosage Reviews and Annual Physicals are given an appointment reminder slip with the date and time of their appointment.

Effective July 1, if you miss your scheduled appointment no take-outs will be given until your services are completed. We are mandated by the state government to provide certain services and we will not be out of compliance. Thanks for understanding.



SUMMER SAFETY

Every so often, we hear news stories of parents forgetting infants or leaving a sleeping toddler in the car and tragedies that ensue. Never leave a child alone in a car, even for a minute. Children are at a great risk for heat stroke because their bodies heat up three to five times faster than an adult.

Kids should always wear a properly fitting helmet when riding bikes.

You may be surprised how much —and when — kids should drink liquids. To prevent dehydration, kids should drink extra fluids before going outside and then take regular water breaks, about every 20 minutes.

For kids 6 months and older (as well as adults), sunscreen with a Sun Protection Factor (SPF) of 30 or greater reduces the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat or dry off with a towel.

Keep infants out of the sun. Keep babies younger than 6 months out of direct sunlight, dressed in cool, comfortable clothing and wearing hats with brims.

Have a safe and happy summer!



NUISANCE MOSQUITOES..... A real nuisance

- from the CDC

Mosquitoes are common, flying insects that live in most parts of the world. Over 3,500 types of mosquitoes can be found worldwide. Not all mosquitoes bite people or animals. When mosquitoes bite people, the most common reactions to the bite are itching and swelling. Some mosquitoes can be vectors. A vector is an animal, insect, or tick that spreads pathogens (germs) to people and animals. The germs (viruses and parasites) that mosquitoes spread can make you sick. Some mosquitoes bite, but do not spread germs. These types of mosquitoes are called nuisance mosquitoes.



- Adult mosquitoes live indoors and outdoors.
- Mosquitoes can bite day and night.
- Adult mosquitoes live for about 2 to 4 weeks depending on the species, humidity, temperature, and other factors. Female mosquitoes often live longer than male mosquitoes.
- Only female mosquitoes bite people and animals to get a blood meal. Female mosquitoes need a blood meal to produce eggs.

Take Steps to Control Mosquitoes Indoors and Outdoors

To Keep Mosquitoes Outside Your Home:

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near 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.
- Close doors, including garage doors. Do not leave doors propped open.

Control Mosquitoes Inside Your Home:

- Scrub items that hold water
- Mosquitoes rest in dark, humid places like under sinks, in showers, in closets, under furniture, or in the laundry room.
- Mosquitoes entering your house from outdoors can start laying eggs indoors.
- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water, such as vases or flowerpot saucers, to remove mosquito eggs and larvae.
- Use an indoor insecticide if you still have mosquitoes in your home after installing and repairing screens and emptying and scrubbing containers.

Tips for Babies and Children

Dress your child in clothing that covers arms and legs. Cover strollers and baby carriers with mosquito netting.

When using insect repellent on your child:

Always follow label instructions. Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin. Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

VACCINE CLINIC

Tadiso and Squirrel Hill Health Center will be hosting a vaccine clinic on **JULY 14** from 8:30am-3:30pm. No appointment is necessary.

For your convenience, we will be working **OUTSIDE** under the **TENT** and will be providing a **light lunch** for those getting the vaccine.



Attend the Flashes of Freedom Fireworks Show!

Experience Pittsburgh's largest Fourth of July firework display during the Flashes of Freedom Celebrate America event.

Head to Pittsburgh's Point State Park and celebrate the return of the city's incredible fireworks show with friends and family. This year's "family-style picnic" is scheduled to occur with music and food vendors. The festivities are scheduled to begin at 6pm. The fireworks display will begin at sundown.