

TADISO TIMES

ISSUE 184

August 2017

OVERDOSE AWARENESS DAY

International Overdose Awareness Day (IOAD) is a global event held on August 31st each year and aims to **raise awareness** of overdose and reduce the stigma of a drug-related death.

It also acknowledges the grief felt by families and friends **remembering** those who have met with death or permanent injury as a result of drug overdose. Overdose Day spreads the message that the tragedy of overdose death is preventable. Wear Silver to show your support.

Tadiso's Overdose Remembrance Ceremony to be held on Thursday, August 31st at 10am. In addition, we will anonymously be remembering those patients who passed away over the past year. A Memorial Banner will be posted in the dispensing area for all patients and staff to share thoughts of those who are no longer with us.

Reminder: AUGUST 31



CARBON MONOXIDE (CO) POISONING



AVOID CARBON MONOXIDE POISONING

When power outages occur after severe weather (such as severe storms, hurricanes or tornadoes), using alternative sources of power can cause carbon monoxide (CO) to build up in a home and poison the people and animals inside.

Every year, at least 430 people die in the U. S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to help protect yourself and your household from CO poisoning.

Change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.

CO is found in fumes produced by portable generators, stoves, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

CO poisoning is entirely preventable. Protect yourself and your family by acting wisely in case of a power outage and learning the symptoms of CO poisoning.

How to Recognize CO Poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

CO Poisoning Prevention Tips

Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.

Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation.

If conditions are too hot, seek shelter with friends or at a community shelter.



Heat Stress

Heat stress is heat-related illness caused by your body's inability to cool down properly. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Heat stress ranges from milder conditions like heat rash and heat cramps, to the most common type, heat exhaustion. The most serious heat-related illness is heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Prevention

Heat-related death or illnesses are preventable if you follow a few simple steps.

- Stay in an air-conditioned area during the hottest hours of the day. If you don't have air conditioning in your home, go to a public place such as a shopping mall or a library to stay cool. Cooling stations and senior centers are also available in many large cities for people of all ages.
- Wear light, loose-fitting clothing.
- Drink water often. Don't wait until you are thirsty.
- Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.
- Avoid unnecessary sun exposure. When in the sun, wear a hat, preferably with a wide brim.

Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness.

Keep kids cool and hydrated

- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they're drinking plenty of fluids.
- Stay away from really cold drinks or drinks with too much sugar.



Never leave kids in a parked car

- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.
- Never leave infants or children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

EQT Pittsburgh Three Rivers Regatta

August 4-6, 2017

Location: Point State Park Venue: Point State Park

Times: 12:00 PM Admission: Free

PITT OHIO Lighted Boat Parade on Saturday, August 5th. Boat owners are invited to deck out their boats in honor of their favorite Pittsburgh celebrity or symbol and join the parade, which sets sail at 9:30 p.m. Participation is open to ALL!

AAA will once again be putting the beach within reach at the AAA ***Travel to the Beach Kids Korner!*** The temporary seashore will be located along the Monongahela River side of the Point State Park river walk, and features beach toys. This beachfront oasis is the perfect place for kids to build sandcastles, while parents chill out and take a leisurely beach break.

IMPORTANT MESSAGE FOR THOSE ON TAKE HOME MEDICATION

Be sure your phone number is up to date with the MEDICAL DEPARTMENT.

If we can not reach you at the designated phone number, you will lose your privileges.