

WLCN Health Newsletter

June 2014

Tick Season is already here so it seems obvious to have the topic of the month be able ticks.

Ticks

Ticks are small spiderlike animals that bite to fasten themselves onto the skin and feed on blood. Ticks live in the fur and feathers of many birds and animals. Tick bites occur most often during early spring to late summer and in areas where there are many wild animals and birds.

Most ticks don't carry diseases, and most tick bites don't cause serious health problems. But it is important to remove a tick as soon as you find it.

Removing the tick's body helps you avoid diseases the tick may pass on during feeding. Removing the tick's head helps prevent an infection in the skin where it bit you.

Usually removing the tick, washing the site of the bite, and watching for signs of illness are all that is needed.

Many of the diseases ticks carry cause flu like symptoms, such as fever, headache, nausea, vomiting, and muscle aches. Symptoms may begin from day 1 to 3 weeks after the tick bite. Sometimes a rash or sore appears along with the flu-like symptoms. Common tick borne diseases include:

- Lyme Disease
- Rocky mountain spotted fever
- Tularemia
- Ehrlichiosis

- Relapsing fever
- Colorado tick fever
- Babesiosis

Ticks are so small that it is hard to see them. This makes it hard to tell whether you have removed the tick's head. If you don't see any obvious parts of the ticks' head in the bite site, assume you have removed the entire tick, but watch for signs of a skin infection.

Use fine tipped tweezers to remove a tick. If you don't have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Don't handle a tick with bare hands.

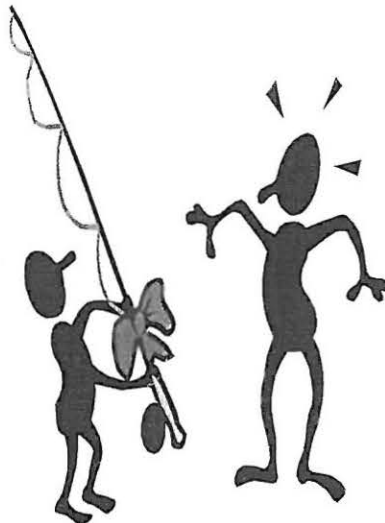
Grab the tick as close to its mouth (the part that is stuck in your skin) as you can. The body of the tick will be above your skin. Don't grab the tick around its swollen belly. You might push infected fluid from the tick into your body if you squeeze it. Pull the tick straight out until its mouth lets go of your skin. Don't twist the tick. This may break off the tick's body and leave the head in your skin.

Don't try to smother a tick that is attached to your skin with petroleum jelly, nail polish, gasoline, or rubbing alcohol. This may increase your risk of infection.

Wash the area of the tick bite with a lot of warm water and soap.

If a bite becomes irritated, apply an antibiotic ointment and cover it with an adhesive bandage.

Please be sure when you return home from areas where ticks might live, carefully examine



your skin and scalp for ticks. Check your pets too.

Happy Birthday!!

Clarence Landon	June 2
Allison Land	June 3
Freda Brown	June 6
Jen Brown	June 10
Frank Meawasige	June 10
Leslie Morrison	June 13
Walter Green	June 14
Jackie Brown	June 15
Wade Wetelainen	June 17
Karen Shabaquay	June 18
Melvina Pitchenese	June 20
Leslie Gardner	June 21
Jackie Pitchenese	June 21
Amanda Munn	June 26
Roddy Brown	June 27

Recipe of the Month

Peachy Iced Tea

What U Need!

- 1 pkg Crystal Light Peach Flavored Iced Tea Mix
- 4-1/2 cups of water
- 1 ½ cups orange juice
- 6 orange slices

What 2 Do!

- Empty contents of drink mix packet into large plastic or glass pitcher. Add water and orange juice; stir until drink mix is completely dissolved.
- Serve over ice cubes
- Add orange slice to each glass.

Weird But True Health Fact

The fastest growing nail is on the middle finger. And the nail on the middle finger of your dominant hand will grow fastest of all. Why is not entirely known but nail growth is related to

the length of the finger with the longest fingers growing fastest and shortest the slowest. (www.dailywellspring.com)

Eco – Green Living Tip

Wrap an insulation blanket around your water heater and it will lower the running cost as much as 9%.

(www.greenlivingtips.com)

FYI.....

- June 18th – Waabhski Penasi School Grad
- June 20 – Healthy Living Food Boxes Delivery
- June 21st – National Aboriginal Day
- June 26th – Blue Box Pick up Day

Quote of the Month

Our health is what we make of it—give it attention and it improves, give it none and it subsides.

-John F. Demartini



June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Healthy Living Food Boxes Orders go in Anishinaabe Support Group 5-6:30 pm	6	7
8	9	10	11 Craft Night 5-7 pm	12 Provincial Elections	13	14
15	16	17	18 Waabshski Penasi Grad	19 Anishinaabe Support Group 5-6:30 pm	20 Healthy Living Food Boxes =Delivery	21 National Aboriginal Day Events 8:30-10 pm
22	23	24	25	26	27	28
29	30					

