

THE PORCELAIN PRESS

April 2012 - Weeks 3 & 4

Special Points of Interest:

Earth Day Fair

April 19th, 2012 from 11:30 - 1:00 p.m. for the Earth Day Fair. It will be held in the Wilson Hall Atrium & promote many "green" initiatives.

Please Take the ES&H Survey!

Go to the ES&H homepage (Fermilab homepage>safety bottom of left column>esh homepage) and click on the survey link to take it. This Survey is voluntary and completely anonymous. Your honest participation is greatly appreciated!

ES&H Concern or Suggestion?

Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

Ticks

The unusually warm weather has resulted in an accelerated spring season! Trees are flowering, perennials are up and people are spending more time outside. Being outside increases one's probability of coming in contact with insects, including ticks. Locally the disease we fear the most in tick bites is Lyme disease. This can manifest as arthritis, heart conduction problems or nerve inflammation.



Your chance of getting infected with Lyme disease increases if:

- You are in an area with infected ticks.
- You get bitten by a black legged or deer tick, which transmits the disease to humans.
- The tick goes undiscovered and happily feeds for an extended period of time.

You can protect yourself from ticks by doing the following:

- Wear light-colored clothing to better spot a hitchhiking tick.
- Wear a hat.
- Stay in the center of trails so that you reduce your chances of brushing against vegetation.
- Consider using an insect repellent containing up to 30 percent DEET. Permethin-based insect-repellent products can be applied to clothing, but the substance, which has potential for causing skin rashes, needs to be dry before wearing the clothes.
- Inspect yourself for ticks after venturing outdoors.

If you are bitten by a tick, remove it as soon as possible by grabbing it as close to the skin as you can with tweezers and pulling the tick out in a straight direction. Do not burn the tick or try to smother it. Tick mouth parts left in the skin can cause irritation, but do not put you at risk for disease as the body does. Clean the area with soap and water or first-aid antiseptic. The majority of serious health outcomes are linked to a red ring rash that spreads outward from the bite site in as soon as three days.

The Fermi Medical Office will assist with the identification and removal of ticks. The Illinois Department of Public Health has a good guide to tick identification and Lyme disease.

Free Weekly Wellness Classes

Qigong, Mindfulness & Tai Chi Easy® classes are ongoing at Fermilab. These are great ways to exercise, stretch, meditate, and experience healing and the art of movement.

The objective is to help you:

- Reduce physical and mental stress,
- Increase flexibility and balance, and
- Encourage a balanced state of being.

"I've been doing these practices for years now, and was surprised at how quickly they made a difference," Seton Handville, Center for Particle Astrophysics. For more information, contact Seton at shandvi@fnal.gov or call X2152.

