

Serving the needs of persons living with HIV and AIDS

CARE TIMES



Heat Related Safety Tips

HEAT STROKE occurs when the body is unable to control its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can result from over exposure to direct sunlight (with or without physical activity) or too high indoor temperatures.

Symptoms may include: high body temperature; red, hot, and dry skin; rapid pulse; throbbing headache; dizziness; nausea; confusion; unconsciousness.

Treat someone with heat stroke as follows: find a cool place indoors (preferably air conditioned) or a nice shaded area outdoors; put the person in a semi-sitting position and loosen his/her clothing and bathe them in cold water. Then immediately seek medical attention.

HEAT EXHAUSTION occurs when too much time is spent in a very warm environment, resulting in excessive sweating without adequate intake of fluids and electrolytes (salt and minerals) for replacement. This can occur indoors or outdoors, with or without physical activity.

Symptoms may include: dizziness; headache; nausea; abdomen cramps; shallow breathing; cool and clammy skin muscle tremors; heavy perspiration.

Treat someone with heat exhaustion as follows: find a cool place indoors (preferably air conditioned) or a nice shaded area outdoors; keep the person quiet, loosen their clothing, and have them drink water or fruit juice. Seek medical attention if the symptoms worsen or continue for more than an hour, or if the person has heart problems or high blood pressure.

Other good tips for keeping safe in the summer sun include:

Limit outdoor functions and plan activities around the coolest times of the day. Avoid the sun during the midday hours from 10 AM - 3 PM.

Apply a SPF 15 or greater at least 30 minutes prior to going out in the sun. Reapply after exercising and swimming. Lips are very vulnerable too, so protect them with a balm of at least SPF 15.

Wear sunglasses when outdoors.

Wear lightweight, loose fitting clothes made from cotton. Wear a hat that shades the face, neck and ears.

Give pets ample amounts of water, and a shady spot to be under if they have to be outdoors during the warm weather.

Drink 1-2 quarts of water or fruit juices per day. Avoid caffeine or alcohol.

Check on senior citizens who live alone several times daily.

NEVER leave children or pets in a parked car, not even for a few minutes.

Lastly, if you do not have air conditioning, seek comfort at a local mall, cinema, library or community center.

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The First Wednesday of the month
 @ The Life Center in Rockford
 10 am to 11:30

Wednesdays @
 APQC'S Office in Moline
 6pm to 8 pm
 For more info contact
 your Case Manager

For more info contact your Case Manager

Ryan White Services for FY 2010

With the new grant year beginning on April 1, 2010, the Winnebago County Health Department, as lead agent for the Northwest Illinois HIV Care Connect, is able to offer the following services through the Ryan White funds received from the Illinois Department of Public Health, to ELIGIBLE individuals who are in need of the following services:

- ◆ Medical Case Management
- ◆ Ambulatory/Outpatient Medical Care
- ◆ Oral Health Care
- ◆ Mental Health Care
- ◆ Substance Abuse Treatment & Counseling
- ◆ Rehabilitation Services
- ◆ Nutritional Services
- ◆ Transportation Services
- ◆ Legal Services
- ◆ Housing Services
- ◆ Utility Assistance



Ryan White Local Advisory Board

The Advisory Board shall be responsible for the dual functions of Prevention and Care services. The mission of the HIV Prevention Program and the Northwest Illinois HIV Care Connect is to assure that HIV infected, affected and at-risk individuals, residing in the thirteen counties served by the Advisory Board, are provided with quality prevention and care services.

It is the policy of this advisory board to appoint and retain persons from all represented services areas, infected and affected population groups and various fields of expertise, including HIV positive people, who have an active interest in the care of persons living with HIV/AIDS.

The Local Advisory Board meets on a quarterly basis in the Rock Island area. The meeting usually last two hours and occurs from 11:30 AM to 1:30 PM on the scheduled date. Notice of the meeting place is set one month prior to the meeting date. The following are the scheduled dates for the upcoming Advisory Board meetings:

- ❖ August 31, 2010
- ❖ November 2, 2010
- ❖ February 2, 2011



If you are interested in attending, please contact a case manager listed on Page 1 of this newsletter under the section entitled "Connectors".

The Holistic Healing Clinic provides the healing power of alternative therapies in Rockford. The therapies being offered are:

Jin Shin Do- means simply the Way of the Compassionate Spirit, and is a non-judgmental modality that takes positive elements of many different forms of energy and body work to create a powerful healing technique. Jin Shin Do focuses on set pressure points, and different techniques to relieve stress at those points. It draws these points from both Chinese and Japanese acupressure.

Reiki - is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reflexology - is an alternative medicine method involving the practice of massaging squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

Massage Therapy - can release painful muscle tension, improve circulation, increase joint flexibility, and reduce mental and physical fatigue.

Thank you to a group of local healing practitioners, who are volunteering their time and talents, to provide these services to individuals enrolled in the Ryan White Part B program.

The Alternative Healing Clinic is held on every other Thursday afternoon, beginning on September 2, 2010. Scheduling is on a first come, first serve basis.

Please contact your case manager to arrange an appointment.

PERSONAL/HOME PRECAUTIONS TO PREVENT MOSQUITO BORNE ENCEPHALITIS:

The best protection against mosquito-borne encephalitis is to limit activities at dawn and dusk, when mosquitoes that could carry the virus are most active. Protective clothing will ideally include lightweight, loose fitting, long-sleeved shirts, pants and socks. It's best to always apply a repellent containing DEET (25% for adults, 10% for children, and not recommended for infants) when going outdoors. CDC has added additional products containing picaridin and lemon of eucalyptus. Both ingredients have also proven effective as mosquito repellents.

Most people infected with West Nile Virus or St. Louis encephalitis have no signs or symptoms of illness. Some individuals may become ill, usually three to fifteen days after having been bitten by an infected mosquito. The virus may occasionally cause serious complications. In some individuals, particularly the elderly, the virus can cause muscle weakness, inflammation of the brain (encephalitis), stiff neck, stupor, disorientation, tremors, convulsions, paralysis, coma or death. It should be noted that the odds of being bitten by an infected mosquito and developing serious or life-threatening symptoms are minimal. Nevertheless, taking all recommended precautions (below) is encouraged, due to the potential seriousness of becoming infected by West Nile Virus or St. Louis encephalitis.

Alert health authorities to potential mosquito breeding sites in your area.

Avoid outdoor activities in the early morning and at dusk. Whenever outdoors between dusk and dawn, wear shoes and socks, long pants and a long-sleeved shirt. Loose-fitting, light-colored clothing is best.

Apply insect repellent to exposed skin. An effective repellent will contain 25 to 35 percent of the active ingredient DEET or picaridin or lemon of eucalyptus. Spray the repellent not only on exposed skin but also on clothing. Consult a physician before using repellents on very young children.

Drain standing water in your yard at least once a week. Pour water from mosquito breeding sites, such as flower pots, pet bowls, clogged rain gutters, swimming pool covers, boats, discarded tires, buckets, barrels, cans, or similar items in which mosquitoes can lay eggs. For permanent standing pools of water, mosquito larvicide can be used. The larvicide can be purchased from many retail stores selling garden supplies. Please follow the manufacturer's recommendations for use.

Check screens on porches and patios for tears and other openings.

For more information on West Nile Virus, visit the following websites:

Illinois Department of Public Health at www.idph.state.il.us

Center for Disease Control at www.cdc.gov/ncidod/dvbid/westnile/index.htm

Winnebago County Health Department at www.wchd.org

