



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Summer Exposures

Ticks can be as small as a poppy seed.



There are 5 ticks on the photo above.  
Can you spot them?

Use repellents that contain 20% DEET or greater to effectively repel ticks for several hours. Other approved repellents for use on skin include picaridin, oil of lemon eucalyptus, and IR3535



## Heat Related Illnesses - Personal Risk Factors (OSHA)

Some individuals handle heat stress less effectively than others. Heat intolerance happens for a variety of reasons.

Personal risk factors include:

Obesity (body mass index  $\geq 30$  kg/m<sup>2</sup>), diabetes, high blood pressure, heart disease, lower level of physical fitness, use of certain medications such as diuretics (water pills) and some psychiatric or blood pressure medicines, some medications can result in an inability to feel heat conditions and/or the inability to sweat, so symptoms of heat stress may not be evident, alcohol use, use of illicit drugs such as opioids, methamphetamine, or cocaine.

The above list is not comprehensive. Other medical conditions can also predispose individuals to heat-related illnesses. Confusion, slurred speech, or unconsciousness are signs of heat stroke. **Call 911 immediately and cool the individual with ice/cold water until help arrives.**

What else can you do for the person?

- 1- Water
- 2- Rest
- 3- Shade
- 4- Buddy System
- 5- Seek help

## Browntail Moth Caterpillars

Browntail moth caterpillars have tiny poisonous hairs that can cause skin reactions similar to poison ivy and other more severe reactions.

The caterpillars are active mid-April until early October. The hairs remain toxic for up to three years. Hairs can cause a localized skin rash. Certain people may have a more severe form of the rash that can last for a few weeks. In some cases, the hairs can be inhaled and can cause respiratory problems. The rash does not spread from one person to another. **PREVENTION:** Perform yard work on wet days to not stir up hairs, wear goggles and coveralls, dry laundry inside June/July, change clothes and take a cool shower.



Be sure to visit the ChallengeME website:

- > Sign up for Health Coaching (call 800.697.0353 or visit [guidanceresources.com](http://guidanceresources.com))
- > Listen to the ChallengeME Podcasts
- > Know **YOUR** Health Plan Benefits by viewing the Benefits Booklet

All can be viewed by visiting:  
<http://maine.gov/mdot/challengeme>

**Coming Up** June: Seasonal Hydration

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)