



Summer Awareness

*Iowa
Chiropractic
Clinic of
Ankeny*

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How to Be a Safe Patient

Did you know that you can get infections at a hospital? Patients almost get 2 million infections each year in a hospital. This also includes clinics and centers. CDC has come up with 10 ways to be a safe patient.

1. Wash hands. To avoid spreading germs, ask visitors, family members and healthcare providers to wash their hands before touching your body.

2. Ask if you still need a central line catheter or urinary catheter. Leaving a catheter in place too long increases the chances of getting an infection.

3. Ask your healthcare provider, “will there be a new needle, new syringe, and a new vial for this procedure or

injection?” Healthcare providers should never reuse a needle or syringe on more than one patient.

4. Be careful with medications. Avoid taking too much medicine by following package directions. Also, to avoid harmful drug interactions, tell your doctor about all the medicines you are taking.

5. Get smart about antibiotics. Help prevent antibiotic resistance by taking all your antibiotics and not sharing your antibiotics with other people. Remember that antibiotics don't work against viruses like the ones that cause the common cold.

6. Prepare for surgery. There are things you can do to reduce your risk of getting a surgical site

infection.

7. Watch out for C. diff. Tell your doctor if you have severe diarrhea, especially if you are also taking an antibiotic.

8. Know the signs of MRSA. Know what MRSA skin infection looks like.

9. Get your flu shot. Protect yourself against the flu and other complications by getting vaccinated.

10. Speak up. Talk to your doctor about any worries you have about patient safety and them what they are doing to protect you!

[http://cdc.gov/Features/
PatientSafety/](http://cdc.gov/Features/PatientSafety/)



BE PROTECTED while traveling!

- Use sunscreen and insect repellent as directed.
- Be careful about food and water.
- Try not to take risks with your health and safety.
- Limit alcohol intake, and do not drink alcohol and drive.
- Wear a seatbelt.
- Wear protective gear when doing adventure activities.
- Respect your host country and its people by following local laws and customs.

[http://wwwn.cdc.gov/travel/
content/survival-guide.aspx](http://wwwn.cdc.gov/travel/content/survival-guide.aspx)

Travel Survival Guide

It's summertime, which can mean traveling. Remember these steps before leaving the house.

BE PROACTIVE!

- *Learn about your destination.
- *See a doctor before you travel.
- *Think about your health status.

BE PREPARED!

- *Pack smart.
- *Plan ahead for injuries or illnesses during your trip.
- *Know what to do if you become injured or ill on your trip.
- *Know and share important information about your trip.

BE PROTECTED!

*Pay attention to your health during your trip.

*Pay attention to your health when you come home.

For more information, go to www.cdc.gov/

[http://wwwn.cdc.gov/travel/
content/survival-guide.aspx](http://wwwn.cdc.gov/travel/content/survival-guide.aspx)



Tip of the Day

*Buy fresh vegetables in-season.
They cost less and are likely to
be at their peak flavor.*

www.mypyramid.gov



Did You Know?

☀ **Human jaw muscles can generate a force of 200 pounds (90.8 kilograms) on the molars.**

☀ **40 to 50 percent of body heat can be lost through the head (no hat) as a result of its extensive circulatory network.**

☀ **Mosquito's are attracted to the color blue twice as much as to any other color**

☀ **Apples, not caffeine, are more efficient at waking you up in the morning.**

☀ **Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid air-borne particles resulting from the flush.**

☀ **The human brain is 80% water.**

<http://www.randomfunfacts.com/>

Heat Wave

With summertime finally here, we need to make precautions on the extremely hot days. If we get overheated, we can become very ill. It can even go as far as killing you. In the U.S. there have been 8,015 deaths from 1979 to 2003 caused by heat exposure.

There are two main things that can affect your body's ability to cool off during hot weather:

***High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.

***Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough.

Here are some facts about which people are at the greatest risk and what protective actions you can take.

***The elderly, the very young, and people with mental illness and chronic diseases.**

***Even young and healthy people can get sick from heat, especially if participating in vigorous physical activity.**

***Air-conditioning is the #1 protective factor.**

Take these steps to prevent heat-related illnesses, injuries, and deaths:

***Stay cool indoors.**

***Drink plenty of fluids.**

***Replace salt and minerals.**

***Wear appropriate clothing and sunscreen.**

***Schedule outdoor activities carefully.**

***Pace yourself.**

***Use a buddy system.**

***Monitor people at high risk.**

***Adjust to the environment.**

***Do not leave children in cars.**

***Use common sense.**

Be smart, play safe, and enjoy the sunny weather this summer!

<http://cdc.gov/Features/ExtremeHeat/>

