



MOUNT VERNON COMPOSITE SQUADRON



Monthly Safety Meeting

12 May 2016

Please sign roster

Before we begin...

- Please sign the safety meeting roster
 - Used to log safety training in eServices
- Safety Officer logs training
 - Only other means (not through safety officer) is through on-line safety education course
- Safety training is a monthly requirement
 - Can view most current briefing on squadron website.
 - Status updated only after email sent to safety officer and logged.

Agenda

SUMMER SAFETY

- ZIKA
- Hydration
- Sunburn

ZIKA VIRUS

What YOU need to know

Zika is a viral infection spread by mosquitoes. Ongoing transmission of the virus is currently taking place in the western hemisphere. The Centers for Disease Control and Prevention (CDC) has issued a travel warning for these areas.

How do you get ZIKA?

- Mosquitoes
- Mother to fetus during pregnancy
- Sexual transmission

What are the symptoms?

Most people will not develop symptoms. Only one in five will develop mild symptoms, typically 2-7 days after the initial bite:

- Fever
- Conjunctivitis (Red Eyes)
- Muscle Pain
- Rash
- Headache
- Joint Pain

How can I protect myself ?

- Avoid mosquito bites!
- Choose lodging with air conditioning or screened windows and doors
- Use a mosquito net
- Wear long-sleeved shirts and long pants
- Use EPA registered insect repellent containing DEET, picardin and IR3535
- Use permethrin-treated clothing and equipment

If you or someone you know starts to develop symptoms of ZIKA, please contact your health care provider

*Information provided by Navy Marine Corps Public Health Center and the Centers for Disease Control

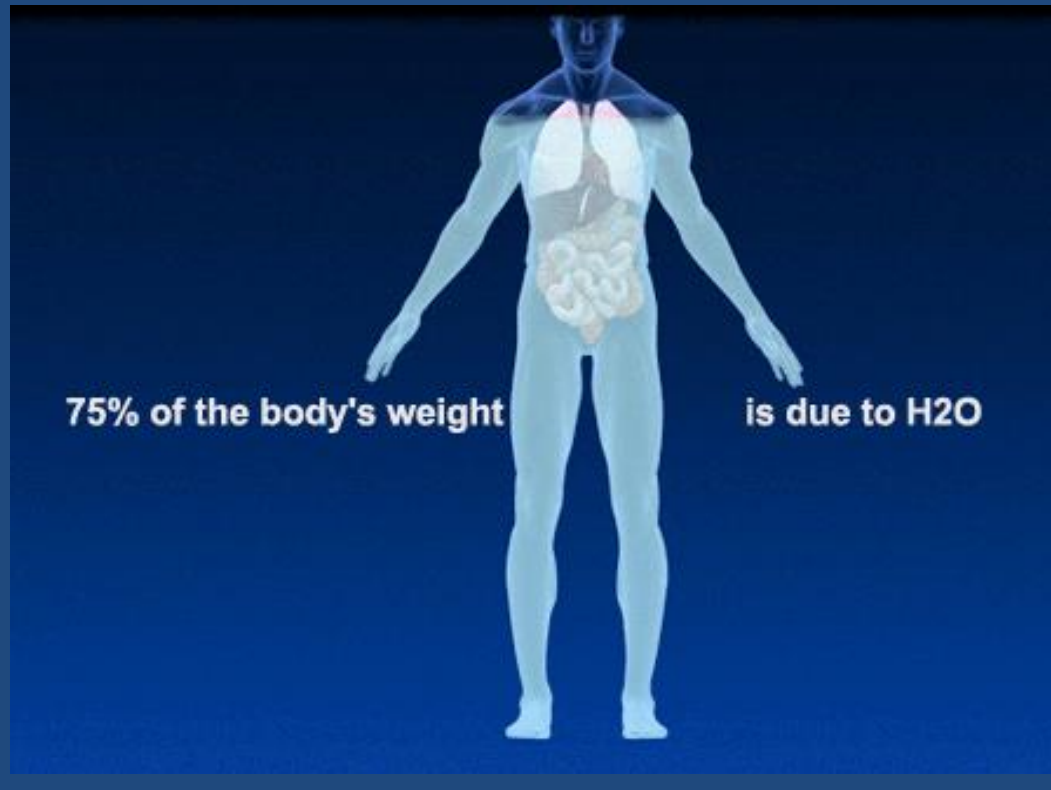


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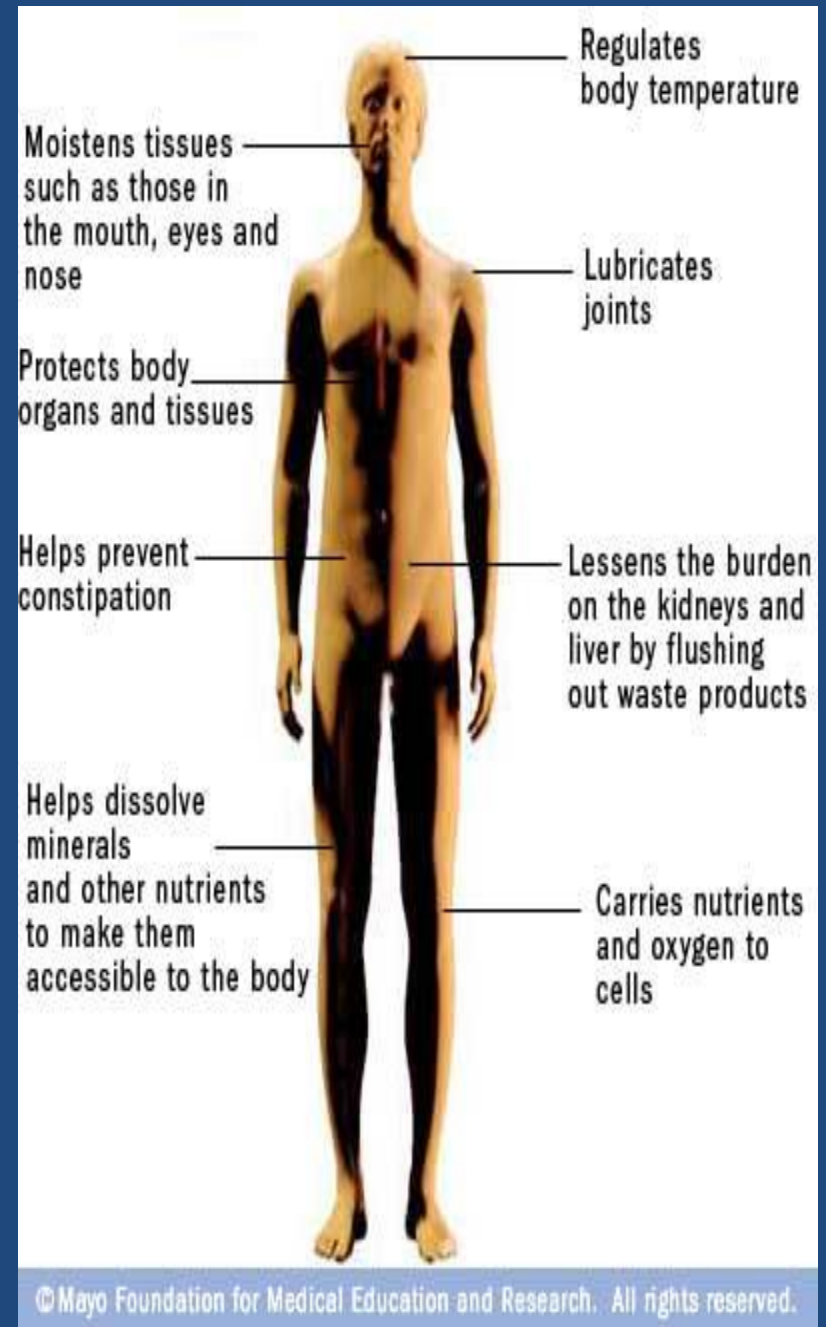
*As of February 9, 2016

Why is it so important to stay hydrated?

- Your body depends on water for survival. Did you know that water makes up more than half of your body weight?



Every cell, tissue and organ in your body needs water to function correctly. For example, your body uses water to maintain its temperature, remove waste and lubricate joints. Water is essential for good health.



How does my body lose water?

You lose water each day when you go to the bathroom, sweat, and even when you breathe.



How do I know if I'm dehydrated?

Symptoms of dehydration include:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Feeling dizzy or lightheaded
- No tears when crying



Don't wait until you notice symptoms of dehydration to act. It can be hard to recognize when you're dehydrated, especially as you age.

Actively prevent dehydration by drinking plenty of water.



Conclusion

It is important to understand that the human body has a basic need for hydration, specifically water consumption.

Although there are various products available that seem to quench thirst, they may not be providing for the body's fundamental needs.

Work load demands on the body require additional fluids and rest may be required to allow the body to catch up with consumption. Just because there isn't thirst, doesn't mean that the body is properly hydrated.

Balance work with appropriate rest periods. Make rest mandatory and ensure that the appropriate fluids are available for those you are responsible for, including yourself.

Sunburn

- Definition: Skin exposed to the sun for a period of time
- Signs: Turns red and irritated (Severe – blisters)
- Relief: cold compresses, creams, gels, NSAIDs, hydrate, and avoid the sun

Sunburn Prevention

- Watch the clock: sun is strongest 10-1600
- Wear right clothes: hat, long sleeved shirt and pants, UV blocking sunglasses
- Use sunscreen: at least sun protection factor (SPF) of at least 30
 - apply 30 min before going outside
 - reapply every 2 hrs (more often if swimming or sweating heavily)

Skin Cancer

- MELANOMA – it is the most common cancer in young adults
- Deadliest form of skin cancer
- Use SPF creams or gels daily
- Avoid tanning beds

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