



April 2021

Spring Safety **Part 1**



This is Part 1 of *Spring Safety*! Spring is associated with cleaning and an increase in outdoor activities. Here are some safety tips to follow as you do some reorganizing and head outside.

- A nice, clean space is great for improving your mental state, but be careful to avoid any accidents.
- April is the start of tick season so it is important to prevent tick bites when you or your pets spend time outdoors.
- Be sure to follow our helpful guide if you are hitting the trails in the gorgeous spring weather.

After you're done reading, [don't forget to listen to our webinars](#)

[every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)



Spring Cleaning

Declutter Before Cleaning

- Before you start cleaning, clear any clutter that you could trip over.
- Keep cleaning supplies in a cool, dry space away from children and pets.
- When lifting or moving furniture and other heavy objects, ask for help. Bend with your knees - not your back - and use your leg muscles to avoid a back injury.

Read the Label

- Limit the use of harsh cleaning or disinfectant products such as bleach and ammonia, and never mix the two - doing so can create toxic fumes.
- Each cleaning or disinfectant product should have a label describing proper use of it and safety precautions to follow during use.
- Take a minute to read the label and follow the instructions.

Take Precautions

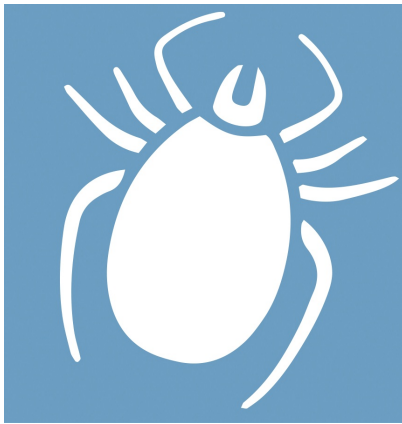
- When using cleaning or disinfectant products, open windows or a door, and run a fan to help air circulate.
- If you have allergies or breathing issues, wear a mask to prevent allergic reactions and irritation.
- It's a good idea to wear rubber gloves when using some household cleaners. The gloves can help prevent reactions (e.g., rashes, skin redness) from exposure.

Get a Mop

- When you're cleaning floors, avoid working on your hands and knees, which could cause sprains and strains.
- Use a mop instead, including when you're cleaning a bathtub.
- Wet floors are a danger zone for slips and falls. Allow freshly cleaned floors to dry before walking on them.

Stay Safe on Step Stools

- Using a step stool? Be careful!
- Always place it on a level surface and choose one with a handle or railing so you can maintain three points of contact (two feet and one hand) for optimal safety. One hand can be free for cleaning tasks.
- Make sure the stool's steps are large enough to properly fit your feet, and face the stool when climbing up or down.
- Set up the stool close to where you're cleaning, and never attempt to move it while standing on it.



Preventing Tick Bites

Know Where to Expect Ticks

- Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).
- Ticks live in grassy, brushy, or wooded areas, or even on animals.
- Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.
- Many people get ticks in their own yard or neighborhood.

Treat Clothing and Gear

- Treat gear with products containing 0.5% permethrin.
- Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Alternatively, you can buy permethrin-treated clothing and gear.

Repellant

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- [EPA's helpful search tool](#) can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

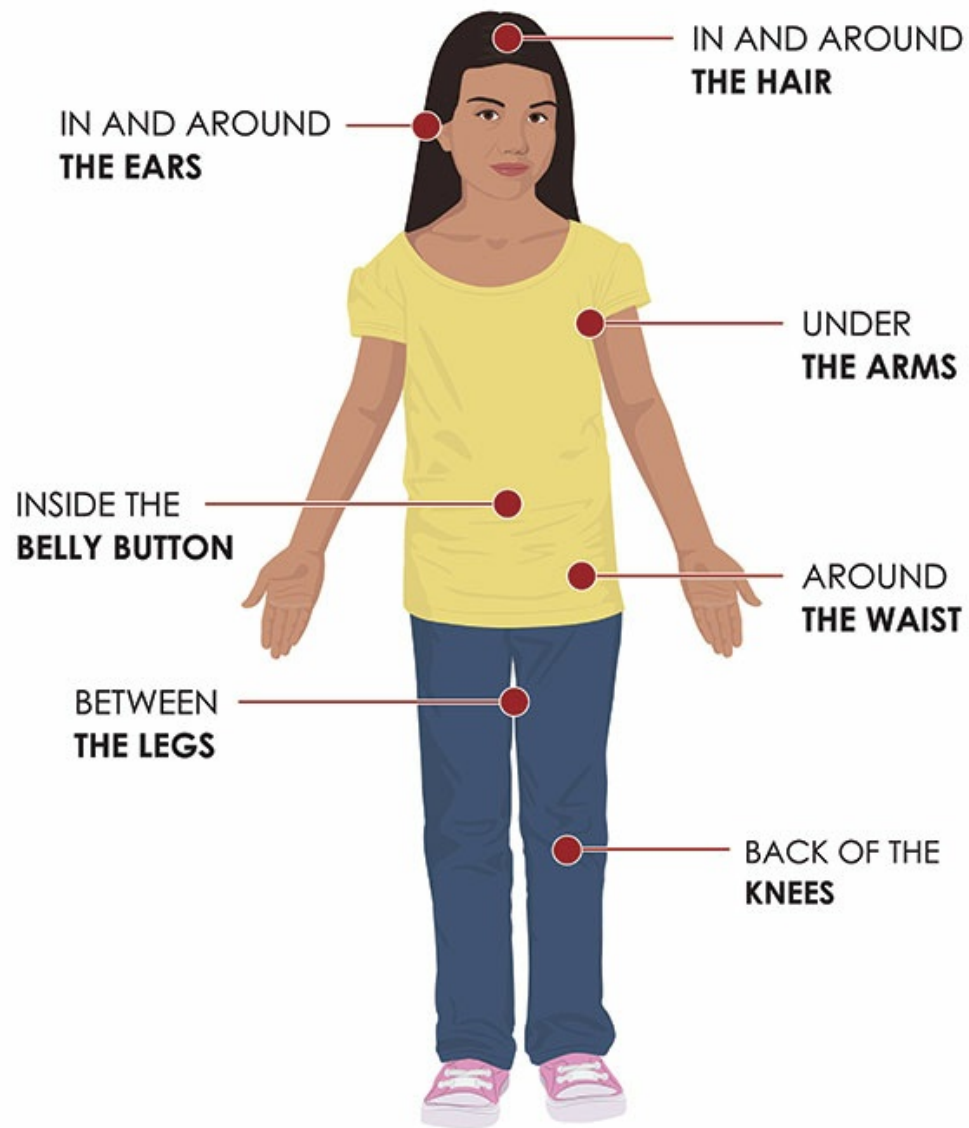
Check Your Clothing

- Ticks may be carried into the house on clothing. Any ticks that are found should be removed.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

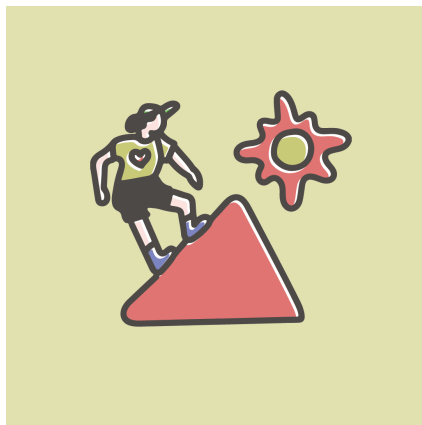
Be Thorough

- Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.
- Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body.
- Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good

opportunity to do a tick check.



SOURCE: https://www.cdc.gov/lyme/prev/on_people.html



Trail Tips

If you find yourself out on the trails in the pleasant spring weather, follow these tips!



The Arc
of New Jersey

The Dos and Don'ts of **HIKING**

Horses have the right of way.



Don't touch the animals!
See with your eyes.



NOT with your hands!



Wear proper clothing and footwear to stay comfortable. Trails may be rocky or muddy!



Drink lots of water, especially in warm weather.

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey

For more information on HLP visit our website:
www.healthylifestylesproject.org

Contact us:
NJSAP@ArcNJ.org / 732-748-8514



SOURCE: www.healthylifestylesproject.org

Let's Stay Healthy and Safe!



HELLO, SPRING

Looking to learn more about healthy living?
Email NJSAP@ArcNJ.org or call **732-749-8514** to
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Don't see what you're looking for? We can create a custom training based on the needs and interest of your group!



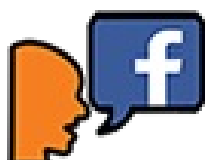
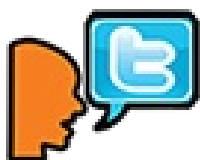
The Horizon Foundation for New Jersey



The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



April 2021

Spring Safety **Part 2**



This is Part 2 of *Spring Safety*! Spring is associated with an increase in outdoor activities, allergies and unpredictable weather. Here are some safety tips to follow to stay safe and healthy.

- Skin health is very important, including using sunscreen and other protection when we spend time in the sun.
- The additional greenery blooming in spring is beautiful but can irritate your allergies.
- Spring weather can be unpredictable, so it is key to be prepared, especially when driving.

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Sun and Skin

Why Use Sunscreen?

- Sun damage is the leading cause of skin health issues like uneven skin tone, wrinkles, age spots, and skin cancer.
- For this reason, using sunscreen appropriately every day is an essential part of any skincare routine.

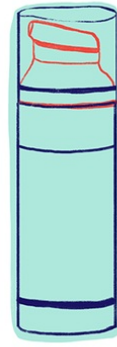
What Type of Sunscreen Should I Use?

- While the ideal sunscreen does vary depending on your skin needs, everyone should be using sunscreens that are broad-spectrum, meaning they protect from both UVA *and* UVB rays.
- Ultraviolet A (UVA) has a longer wavelength, and is associated with skin aging. Ultraviolet B (UVB) has a shorter wavelength and is associated with skin burning.
- In most cases, it is recommended to use a sun protection factor, or SPF, of at least 30; however, higher SPFs do provide additional sun protection and are encouraged.
- Sunscreens should be water-resistant so as to not immediately wash off the skin due to our surface oil and sweat.
- You can use mineral and physical based sun screens.

Chemical vs Physical Sunscreen

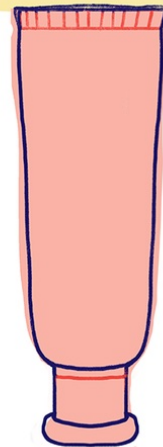
Chemical sunscreen:

- * Chemical sunscreen is absorbed into the skin
- * Converts UV rays into heat
- * Is thin and ideal for everyday use
- * Allows for skincare ingredients to be added easily



Physical sunscreen:

- * Sits on top of the skin
- * Reflects UVA and UVB rays
- * Works immediately when applied
- * Prone to wearing off easily



BYRDIE

How Much Sunscreen Should I Apply?

- Most people do not apply enough sunscreen. A shot glass (1 fl. oz.) filled with sunscreen will be enough to cover most people's exposed skin in a bathing suit.
- You should apply a complete coat of sunscreen to all exposed areas about 15 minutes *before* going outdoors.
- Even if you can see the sunscreen on your skin at first, it will soak in during this waiting period. If it's not absorbed, use a towel to dab off the excess sunscreen.
- You need to reapply sunscreen at least every two hours, especially if you're going to be in water or sweating heavily.

How Much Sunscreen Should You Use?

www.BlockIslandOrganics.com



1 fl oz for the whole body
divides up as...



~ 0.3 tsp for the face & neck



~ 0.57 tsp for each arm



~ 1.14 tsp for the chest &
stomach, back or each leg

Other Protection

- In addition to frequent sunscreen applications, you should also ensure you are dressing appropriately to protect your skin from damage.
- Wear broad-brimmed hats or other full-head coverings including scarves to protect the sensitive skin on your scalp from the sun, since this area is difficult to cover with sunscreen.
- Bring coverups and umbrellas with you to the beach, so when you're not in the water, you can pull on light layers or sit under the umbrella to protect your skin from excess exposure.

Take a Break

- It can be tempting to spend all day outdoors on a spring break vacation, but it's important to give your skin a rest, especially during the peak sun exposure hours from 10 am to 4 pm.
- Instead, during these hours, consider going inside for a meal, visiting an indoor destination, or heading back in for an afternoon nap.
- Spending just an hour or two inside can give your skin a chance to recover from UVA/UVB exposure.

Sunburn Treatment

- Take cool baths or showers to relieve discomfort and remove dead skin cells naturally.
- Use moisturizers with aloe vera or other deep moisturizing agents to soothe and

heal sun-damaged skin.

- Stay hydrated by drinking plenty of water to keep your skin moisturized from the inside out.
- Do not pop blisters, peel flakes, or otherwise unnecessarily irritate sun-damaged skin as this could lead to more serious skin health risks.
- Protect sun-damaged skin from further damage by wearing protective clothing, applying sunscreen or avoiding further sun exposure.

SOURCE: <https://www.usdermatologypartners.com/blog/top-5-spring-break-sun-protection-tips/>



Avoiding Allergies

Reduce your Exposure

- Things that trigger your allergy signs and symptoms are called allergens.
- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside – pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores such as lawn mowing, weed pulling and other gardening chores that stir up allergens.

Check Pollen Counts

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Keep indoor air clean

Reducing Allergens

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Over-the-Counter Remedies

- **Oral antihistamines:** Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- **Decongestants:** Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also

come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).

- **Nasal sprays:** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- **Combination medications:** Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinse your Sinuses

- Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.
- Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store.
- Use water that's distilled, sterile, previously boiled and cooled, or filtered to make up the saline irrigation solution.
- Also be sure to rinse the irrigation device after each use and leave open to air-dry.

No Luck? See Your Doctor

- For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.
- If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.
- For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies.
- Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

SOURCE: <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>



Spring Weather Safety

Spring Weather

- Spring is the time of year when many things change—including the weather.
- Mark Twain once said, “In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”
- Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding.

- And when severe weather hits unexpectedly, the risk of injury and death increases.

Emergency/Disaster Supply Kit

- Planning ahead can help; prepare for storms, floods, and tornadoes as if you know in advance they are coming.



Potholes

- In cold months, snow and ice can fill in potholes so their presence will have minimum impact on vehicles and drivers.
- However, once warmer weather hits, that snow and ice will melt leaving deep holes in the road that can cause significant damage to cars and contribute to traffic accidents.
- If you hit a pothole, your car can suffer severe damage, like popping tires,

bending rims, and damaging suspension or the alignment of your vehicle.

- While there is no easy fix for drivers to address these hazards, you should keep a close eye on the road during spring and leave ample space between you and the car in front of you.
- If you hit a pothole, gently press on the brakes as soon as you can in a controlled manner to retain control of your vehicle and reduce the impact that the pothole will have on your car.

Sun Glare

- Each year sun glare is responsible for thousands of accidents across the U.S., so drivers need to pay extra attention to the time of day and other factors when driving during the hours with the highest risk of sun glare.
- Always have a pair of polarized sunglasses in your car so you can shield your eyes from the blinding sun glare.
- You can also increase safety by keeping your windshield clean. A dirty windshield can scatter light, and this can make it even more difficult to see the road and judge your environment.
- If possible, you can reduce the dangers of sun glare by changing the direction and route that you take during the springtime. Instead of traveling west and east (where the sun sets and rises), you can go north or south when possible.

Increased Wildlife Activity

- Many animals (like humans) come out of hibernation once the snow and ice melt. With the budding trees, most species begin the natural cycle of searching for food and mating.
- Increased animal activity means that all types of creatures are more likely to come in contact with your vehicle or cause a crash.
- When you're driving in wooded areas, use extreme caution. Slow down and be extremely aware. Heed the warnings of wildlife crossing signs. Also, remember that a lot of animals, such as deer, are more active during dawn and dusk, which could increase your chances of a run-in.

Driving in Rainstorms

- Heavy, wind-swept rains can significantly reduce visibility and flood out roadways in a matter of minutes.
- When the weather takes a turn for the worse, make sure you're prepared by checking your windshield wipers before you start driving to make sure they are functioning correctly.
- At first sight of raindrops, turn on your wipers and headlights.
- Slow down and keep a safe distance between your car and other drivers. If the rain is so intense that you're having a hard time seeing, pull over to the side of the road until the storm passes.

SOURCE: <https://www.cdc.gov/nceh/features/springweather/index.html>
<https://www.trafficsafetystore.com/blog/the-top-6-dangers-of-spring-driving-and-how-to-stay-safe/>

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HELLO, SPRING

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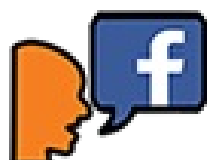
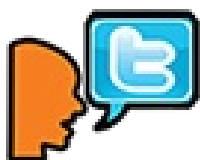
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