



April is Sexual Assault awareness month.

Asthma and Allergy Awareness Month

Asthma affects more than 25 million Americans and between February and early summer is when seasonal allergies can really give asthma-suffering people the most trouble. Asthma is a chronic disease that causes the airways to become inflamed, making it hard to breath. There is no cure for asthma, however, it can be managed by avoiding triggers such as pollen, smoke, dust and whatever you could be allergic to. It's best to carry your asthma medication when you're out and about just in case and be mindful of symptoms like coughing, wheezing or shortness of breath. With allergies being a big trigger for asthma, it's important to understand how allergies can affect us. Allergies occur when our body's immune system overreacts to a substance it sees as harmful. The immune system makes antibodies called immunoglobulin E (IgE), which respond to allergens. The resulting symptoms are an allergic reaction. People can be allergic to almost anything, including pollen, food, pets, mold and latex. Symptoms can include sneezing, hives or rash, swelling in the throat and mouth, and even anaphylaxis, which is a life-threatening reaction. The best way to prevent allergies is to avoid allergens and be sure to carry medications you may need with you. Talk to your primary care provider if you have asthma or allergy concerns.

Jamie Boe, Community Health Advocate

<https://www.aafa.org/>



MAY IS NATIONAL WILDFIRE AWARENESS MONTH

Prepare for Wildfires Have several ways to receive alerts. [Download the FEMA app](#) and receive real-time alerts from the National Weather Service for up to five locations nationwide. [Sign up for community alerts](#) in your area and be aware of the Emergency Alert System (EAS) and Wireless Emergency Alert (WEA), which requires no sign-up.

Pay attention to [air quality alerts](#).

Make an Emergency Plan

- Make sure everyone in your household knows and understands what to do if you need to quickly evacuate.
- Don't forget a plan for the [office, kids' daycare and anywhere you frequent](#).

Review Important Documents

Make sure your [insurance policies and personal documents](#), like ID, are up to date. Make copies and keep them in a secure password-protected digital space.

Strengthen your Home

- Use fire-resistant materials to build, renovate or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.

Create a [fire-resistant zone](#) that is free of leaves, debris or flammable materials for at least 30 feet from your home. Designate a room that can be closed off from outside air. Close all doors and windows. Set up a portable air cleaner to keep indoor pollution levels low when smoky conditions exist.

Know your Evacuation Zone



The Truth About Fentanyl

This handout contains information everyone should know about fentanyl.

The facts

- Fentanyl is a powerful opioid, 50–100 times more potent than heroin.
- Fentanyl gets added into many drugs, including "normal looking" pills.
- A pill containing fentanyl can look exactly like a pill without fentanyl.
- Two pills with different amounts of fentanyl can look exactly the same.
- Many people don't realize they are taking fentanyl.
- Fentanyl is causing a dramatic increase in overdoses.
- Anyone who uses drugs can overdose, even if it's their first time or if they have been using for a long time.

Naloxone

Naloxone (Narcan or Kloxxado) can reverse a fentanyl overdose. Fentanyl is a strong opioid, so you may need multiple (3, 4, or more) doses of naloxone. The biggest risk in giving someone too much naloxone is a more intense withdrawal.



Help people who are overdosing

If you have gloves and a mask, wear them for extra safety. You've got to breathe in a VERY LARGE amount of fentanyl over a REALLY LONG time to even begin to feel its effects - like dust-storm levels in a closed room for over 3 hours.



If you get fentanyl powder on you

Dry fentanyl powder is not absorbed by skin. Your skin will only absorb fentanyl powder if it's mixed with a liquid.

- While dry, brush off as much as you can.
- Don't touch your mouth or eyes where fentanyl can be easily absorbed.
- Flush with water (to dilute the fentanyl).
- Wash your clothes.

4 Truths about Vaping:

1. Vape is not water vapor, it's more like breathing in bug spray.
2. The nicotine in vapes causes addiction and will increase stress and anxiety, not reduce it.
3. The long term effects of vaping is still unknown, they used to think smoking was fine, until they discovered it was killing over 7 million people around the world every year.
4. People are twice as likely to start smoking cigarettes if they vape regularly even if they have never smoked

CULTURE IS PREVENTION



1-800-QUIT-NOW

AI/AN Line Now Available

Free commercial tobacco cessation support!

- 1 on 1 Counseling
- Nicotine Replacement Therapy
- Creating a Personalized Quit Plan
- Quit Kits to help you get started
- 24/7 Support, 1-800-QUIT-NOW (1-800-784-8669)

For more information call: 541-444-9682