

Health Department



Men's Health Month

During June, we encourage men to remember to take care of their health and wellness. It's a fact that women are 100% more likely to visit a doctor for annual exams and preventive services than men. It's not surprising that men end up living shorter lives and suffer more illness during their lives compared to women. Men are 10 times more likely to get inguinal hernias and 5 times more likely to have aortic aneurysms than women, not to mention testicular cancer and prostate cancer. For these reasons, it's very important for the men out there to get your annual exams every year. This step of preventive care alone can save you from dealing with health crises down the road. They can check your blood pressure, cholesterol, glucose, prostate health and more. You also can do quite a bit in between these wellness exams to protect your health, like eating smaller portions, adding more fruits and vegetables to your meals, and getting regular exercise. When it comes to exercise, do the things you enjoy, like going for walks, playing sports, or playing with your kids or grandkids. Physical health isn't the only thing that needs nurturing. You can feed your spirit by making time for healing prayer and meditations. Whatever it is that strengthens you, that's what you should do. Remember that you are important to your friends and family, so take care of yourselves, guys!

Jamie Boe, Community Health Advocate - EAO
<https://www.wernative.org/articles/men-s-health>

Signs of an Overdose

- ◇ Falling asleep or not conscious
- ◇ Slow breathing or no breathing
- ◇ Small pupils
- ◇ Limp body
- ◇ Cold, clammy, pale skin
- ◇ Blue fingernails or lips
- ◇ Choking, snoring or gurgling sounds

Responding to an Overdose

Step one

Call 911



Step two

Give person naloxone



Step three

If needed, provide rescue breaths or CPR



Step four

Lay the person on their side to prevent choking



Step five

Stay with the person until emergency workers arrive



Fire extinguishers

Fire extinguishers play a vital role in any fire protection plan in any environment. They are a first aid response to fire and can help prevent catastrophic damage to property and even loss of life.

In approximately 80% of all fire incidents, a simple portable fire extinguisher is all that is needed to put out the fire. Studies have also shown that 60% of fires go unnoticed. This means the fire is not severe and can be handled easily with a fire extinguisher.

Fire safety experts advise that you attempt to extinguish a fire **only** if you have first made sure that everyone else has left or is leaving the building **and** that someone has called the fire department. Remember, lives are more important than property.

Can fire extinguishers be recycled?

Not only is it possible to recycle fire extinguishers, it's the responsible thing to do. To make safe disposal of fire extinguishers simpler, it's best left to professionals – those trained in the correct handling, storing, emptying, disposing and recycling of units.

