

HEALTH

When Someone Lies Bleeding, Help Without Risking Infection

Northwest summers see a jump in gashes, cuts and other bleeding wounds as people head outdoors to hike, ride bikes and play softball. So now's a good time to review how to help accident victims while avoiding exposure to any possible blood-borne diseases.

According to Michael Blahnik, MD, chief of emergency medicine at the Bess Kaiser Medical Center in Portland, the two most common infectious blood-borne viruses in Oregon are AIDS and hepatitis B. People often carry these viruses without being aware they are infected. "You can't tell just by looking whether someone has an infectious disease," says Dr. Blahnik. "So treat every bleeding person with the same cau-

tion. Avoid getting blood on your skin."

To do that, Dr. Blahnik offers these suggestions:

If the injured person is awake and not hurt too badly, ask him or her to raise the bleeding wound above the heart.

This greatly slows the flow of blood.

Give the victim a tissue, a towel or piece of clothing and have him or her apply firm pressure to the wound.

If the injured person can't stop the bleeding, you may need to raise the wound and apply pressure. To keep from touching the blood, Dr. Blahnik suggests applying pressure using layers of clothing, such as a balled up t-shirt.

"Grab a piece of rubber, plastic or even aluminum foil to put between the cloth and your fingers," he says. "If clothing becomes blood soaked, place another piece of clothing over it. For serious bleeding, make sure that 9-1-1 has been called."

Dr. Blahnik further advises:

As soon as possible wash thoroughly with soap and water.

Take care not to touch clothing or objects that have become spattered or soaked with blood. Give paramedics every thing that has been in contact with blood for safe disposal.

If someone else's blood does get in your eyes, mouth or on an open wound or sore, seek medical advice.

Moose Helps Developmentally Disabled Group

An organization serving people with developmental disabilities has honored Police Chief Charles Moose and others for their community service.

Moose was singled out by the Arc of Multnomah County for his commitment and support of a training project to educate all police personnel in matters pertaining to individuals who are mentally challenged.

A task force facilitated the training and continues to meet and with Moose's endorsement, develops crisis intervention teams.

A total of 17 awards were made to outstanding volunteers, parents, employers, professionals and others at a recent annual meeting of the organization.

The others honored included Educator of the Year Sly Martin, a



Police Chief Charles Moose

special education teacher at Roosevelt High School where she designed a comprehensive commu-

nity based curriculum for students in her life skills classes;

Volunteer of the Year Roberta Gould of St. Vincent DePaul Emanuel Plaza; and Foster Care Providers of the Year Lequata and Willie Montgomery.

Recognized posthumously for her service as a foster care provider was Margaret Irons. Duane Cleary, a resident of the St. Vincent DePaul Emanuel Plaza, was honored as Citizen of the Year, an award which recognizes an individual who has a developmental disability and who has made unusual personal gains and contributions to the community.

The Arc of Multnomah County is a non-profit advocacy organization serving children, adults and families through an array of programs.

Hot Weather Dangerous For Pets

High temperatures can be deadly to unprotected animals. The Oregon Humane Society urges pet owners to take precautions to safeguard their pets.

During a heat wave, the society receives dozens of calls daily about animals in distress.

Pets that live outdoors are particularly at risk and need large quantities of fresh water and to be able to rest in shade throughout the day. When animals cannot be brought indoors to a cool garage or basement it may be necessary to construct a temporary shelter for protection from the sun.

The society also asks pet owners not to take their animals on trips where they will have to be left in the

car even for a few minutes.

"You never know when that two-minute dash into the grocery store will take 10 or 15 minutes," said Karen Brittain, a spokesperson for the humane society.

"The inside of a car can reach 120 degrees within five minutes, even with the windows left cracked. You may come back to your car to find your pet dead or dying. This is just a good time to leave Bowser at home for his comfort and your peace of mind," Brittain said.

Anyone finding an animal in distress is asked to immediately call the Oregon Humane Society at 285-7722. Should pet owners see that their animals are suffering from heatstroke, they should take immediate

steps to lower the animal's body temperature and call a veterinarian.

The Oregon Health Plan

The Oregon Health Plan was created to provide medical and dental care at no cost to low-income Oregonians. A public information session on the Oregon Health Plan will be held on Thursday, July 27, 1995 at 2:30 pm. The session is to be held at Portland Community College 2850 SE. 82nd St. (Room C2)

on Friday July 28, 1995 in the Portland - Matt Dishman Center on 77 NE Knott, (Room A-1).

Come to the information session if you think you might be eligible for the Oregon Health Plan. Bring a copy of your social security card and a copy of proof of income for the month in which

you're applying.

For more eligibility information, call toll-free: 1-800-359-9517
Local Portland Line: 273-4310

TDD Line (For Hearing Impaired): 1-800-621-5260

Local Portland TDD Line: 228-0236

Questions And Answers

Question: Does medicare cover mammograms?

Answer: Medicare medical insurance (Part B) helps pay for X-ray screening for the detection of breast cancer, if they are provided by a Medicare-approved supplier. Women 65 or older can use the benefit every 24 months. Some younger women covered by medicare can use the screening benefit more frequently. Your Medicare carrier can tell you how often Medicare will pay for a screening mammogram for you. Medicare also pays for diagnostic mammograms as needed when symptoms are present.

Question: My son applied for a drivers license recently and they asked for his Social Security number. He said they actually checked with Social Security to see if it is correct. Is this true?

Answer: Probably. State motor vehicle agencies can now verify the Social Security numbers provided by applicants for drivers licenses with the Social Security Administration under a new rule effective recently. The provision is aimed at persons who use fraudulent Social Security numbers to get drivers licenses to use as false identification for various illegal activities, I.E., to cash checks,

use credit cards, avoid child support payments.

Question: Will my retirement pension from my job reduce the amount of my Social Security benefit?

Answer: If you get a pension from work where you paid Social Security taxes, it will not affect your Social Security benefits. However, if you get a pension from work that was not covered by Social Security—for example, the federal civil service or some state or local government employment—your Social Security benefit may be lowered or offset.

Question: I applied for a charge card and the company asked for my Social Security number. Isn't it against any kind of law to ask for someone's Social Security number? Can I refuse to give it to them?

Answer: The law generally does not prohibit any use of Social Security numbers by the private sector. Although Social Security can't prevent others from asking for your number, you should know that giving it to them does not give them access to your Social Security records. If a business or other enterprise asks for your Social Security number, you can refuse to give it to them. However, that may mean doing without the

purchase or service for which your number was requested.

Question: I started receiving Social Security retirement benefits this year. Will I have to pay taxes on my benefits?

Answer: About 20 percent of people who get Social Security have to pay taxes on their benefits. This provision affects only people who have substantial income in addition to their Social Security.

At the end of each year, you will receive a Social Security Benefit Statement (Form SSA-1099) in the mail showing the amount of benefits you received. You can use this statement when you are completing your federal income tax return to find out if any of your benefits are subject to tax.

For more information, call the Internal Revenue Service's toll-free telephone number, 1-800-829-3676, to ask for Publication 554 Tax Information for Older Americans and Publication 915 Social Security Benefits and Equivalent Railroad Retirement Benefits.

For Social Security or Supplemental Security Income Assistance telephone 1-800-772-1213. For speech & hearing impaired assistance, call 1-800-325-0778.

LOOKING FOR THE BEST VALUE IN ADVERTISING?
The Portland Observer **288-0033**

We're working for you, so you're always connected.

Sometimes, building a successful business means you have to do it all. You work into the wee hours of the morning, running those numbers yet again, just so you can make the most important connection—that first soccer game or that sixth birthday party. And one day your hard work will pay off—for you, and for those who will follow.

U S WEST understands what goes into building a tradition of excellence that lasts for generations—because we've been working hard at it ourselves for more than 100 years. Today we offer you unparalleled reliability in products and services that helps your business run just that much easier.

That way, you're always connected. And so is your business.

USWEST

© 1995 U S WEST, Inc.

25th Anniversary
OF
The Portland Observer

Real World



Life presents a lot of challenges.

Like people who will tell you, "You'll never make it. You're not smart enough. You don't have what it takes."

You can get angry, and let your fear separate you from your ambition. Or you can do something about it.

For fifty years the Urban League of Portland has helped people of every age, sex and color take the steps necessary to live their dreams.

Now it's your turn. Call 280-2600.

THE URBAN LEAGUE OF PORTLAND

Education, Employment, Equality

10 N. Russell Street, Portland, OR 97227
(503) 280-2600

