



HEALTH & WELLNESS NEWS

ALERT on RAINBOW FENTANYL

BACKGROUND

Fentanyl is a synthetic opioid that can quickly cause overdose. It is 50 times more potent than heroin and 100 times more potent than morphine, making it a major contributor to the 150+ synthetic overdose deaths occurring every day.

SITUATION

In recent months, brightly colored fentanyl tablets, powder, and blocks that look like candy or sidewalk chalk have been trending nationally amongst our youth (see images below). These products, known as rainbow fentanyl, are targeted to increase addiction in young people and are often packaged in commercial product packaging (such as holiday candy). Due to their potency, very small amounts can cause damage to the brain, and lead to overdoses or overdose death.

Sunscreen on Babies and Toddlers

The AAD recommends the following:

Children younger than 6 months of age: Protect their skin from the sun by keeping them in the shade and dressing them in long-sleeved shirts, pants, wide-brimmed hats, and sunglasses. Take care, of course, to prevent overheating.
If possible, avoid using sunscreen on these children.

Children 6 months of age and older: Use a sunscreen that contains zinc oxide or titanium dioxide, which is most appropriate for the sensitive skin of infants and toddlers.
Even when using sunscreen, keep children in the shade and dress them in clothing that will protect their skin from the sun, i.e., long-sleeved shirts, pants, and wide-brimmed hats.

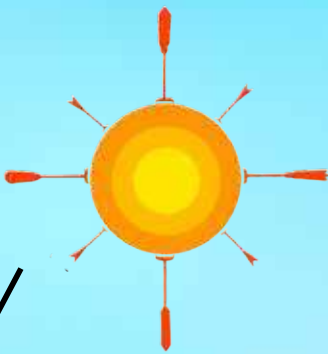
10 Water Safety Tips



- DO learn to swim.** If you like to have a good time doing water activities, being a strong swimmer is a must.
- DO take a friend along.** Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- DO know your limits.** Watch out for the “too’s” — too tired, too cold, too far from safety, too much sun, too much hard activity.
- DO swim in supervised (watched) areas only,** and follow all signs and warnings.
- DO wear a life jacket when boating,** jet skiing, water skiing, rafting or fishing.
- DO stay alert to currents.** They can change quickly! If you get caught in a strong current, don’t fight it. Swim parallel to the shore until you have passed through it. Near piers, jet ties (lines of big rocks), small dams, and docks, the current gets unpredictable and could knock you around. If you find it hard to move around, head to shore. Learn to recognize and watch for dangerous waves and signs of rip currents — water that is a weird color, really choppy, foamy, or filled with pieces of stuff.
- DO keep an eye on the weather.** If you spot bad weather (dark clouds, lightning), pack up and take the fun inside.
- DON’T mess around in the water.** Pushing or dunking your friends can get easily out of hand.
- DON’T dive into shallow water.** If you don’t know how deep the water is, don’t dive.
- DON’T float where you can’t swim.** Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.

[Water Safety - CDC](#)

FUN RUN/ WALK



Saturday, August 19th at 8:30am

- Starts at uyxat Powwow Grounds, path will be marked.
- No pre-registration...just visit our table to begin.
- All registered individuals will receive a light breakfast and t-shirt. People who complete the entire walk will receive a moccasin keychain (while supplies last).
- Fun for the whole family!

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