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### Out of Quarantine: What We Need First

If you have just been in isolation for months (or someone you care for has), some basic human needs will have to be renewed upon social opening.

**Touch.** The deprivation is real. It often doesn't require a full-on massage, but all people need the connection of touch. Light, caring touches on the back and shoulders mean a lot. Hugging and holding communicate love, trust, and well-being. Often the people who touched us the most have not been available.

**Shared laughter.** Think of the funniest stories you remember about childhood, vacations, silly moments, even frustrations and disappointments — what can you laugh about now that didn't seem so funny then.



Laughing together is part of being known to each other and being known is one of the best parts of being human.

**Eating together.** We certainly don't have to go to a restaurant to enjoy a shared meal! A light dinner with family and friends is a simple pleasure that boosts spirits and forges connections.

**Foot care.** Two or three months alone in the house can take a toll on feet. Get to a podiatrist or a pedicure place for toenail cutting and moisturizing. A lot of time spent in bed can result in pressure sores on the heels. Check for sores, especially if you or your loved on are diabetic.

**Hair care.** Nearly everyone joked about needing a haircut during quarantine and lockdown, but with things opening up, it's time to get out and fix up for both pleasure and health.



**Enjoying nature.** Getting out. Just getting out of the house, especially if it means being able to sit in a park, see flowers and plants, breathe in the trees around you. These things renew the spirit and connect people with the earth.

### Help Keep Sanitation Workers Safe

The public can take some simple steps to help keep sanitation workers safe amid the coronavirus crisis.

According to the Solid Waste Association of North America:

- ◆ waste collection increased 38 percent in some areas during the Covid crisis.
- ◆ Sanitation workers have valid concerns about exposure to the virus through trash.

Some research suggests that the virus can be viable on cardboard for up to 24 hours and remain viable on plastic for three days.

People can break down large cardboard boxes to make them fit inside a recycling bin. Also, taking the time to empty, rinse and dry plastics and glass can help.

To help workers stay healthy:

- ◆ Wash your hands before taking out trash and recycling containers.
- ◆ Sanitize container lids and handles.
- ◆ Don't place plastic gloves, masks or medical waste in recycling bins. Always dispose of them in trash cans.



When the American spirit was in its youth,  
the language of America was different:  
Liberty, sir, was the primary object.

Patrick Henry

## DEET Repellents Safe and Effective

The one chemical that is the most effective at repelling mosquitos is DEET, according to the CDC.

The chemical, N-diethyl-meta-toluamide, is used as the active ingredient in most commercial repellents and is designed to be applied directly to the skin.

**Concentration:** You may have noticed that DEET products contain various concentrations from 4 percent to 100 percent. Higher concentrations do not mean DEET works better. Instead, the higher the concentration the longer the application will be effective. So a lower concentration might be perfectly fine for a brief time outdoors, while a higher concentration is preferable for longer-term activities like camping.

**Safety:** According to the Centers for Disease Control and Prevention, using repellents with DEET is not harmful so long as they are used in accordance with the instructions.

Basic precautions:

- ◆ Make sure you don't get repellent in your eyes.
- ◆ Don't breathe in or swallow DEET.
- ◆ Don't put repellent on wounds or broken skin.
- ◆ Although DEET can be applied to children over two months old, never apply it to the hands, eyes, or mouth of young children.
- ◆ Use only outdoors. Once inside, wash skin with soap and water.



## Swollen legs? More often in hot weather

If you get some puffiness around the ankles or an unpleasant tautness in your calves, you have swollen legs. It's a condition everyone experiences at one time or another, like during a spell of hot weather, a whole day standing on your feet, or after a long car trip.

Normally, your body maintains the right amount of fluid in tissues by performing a delicate balancing act. You drink fluid and get rid of it when you breathe, sweat, or urinate. But sometimes not enough fluid leaves your tissues, and the result can range from a little puffiness to swelling. These are the most common causes:



- ◆ **Immobility.** When you walk, run, or move about, leg muscles contract, promoting blood flow. If you stand still, or sit still as you do on a long airline flight, blood can pool in your veins. This makes it difficult for fluid to move from body tissue back into vessels.

When your work keeps you standing or sitting in one spot during the day, use your legs whenever possible. Shift your weight from one foot to another. Change positions in your chair. Take opportunities to walk about.

- ◆ **Heat.** Hot weather can cause your blood vessels to expand, making it easier for fluid to leave them and enter tissues. During hot weather, it's even more important to move about as much as possible while working.
- ◆ **Salty foods.** When you take in more salt than your body needs, the body dilutes it by retaining fluids and making you thirstier.
- ◆ **Medications.** Some commonly used drugs such as steroids, blood pressure medications, antidepressants, hormone replacement medications and anti-inflammatory drugs can affect how fast fluid leaves your vessels.
- ◆ **Menstruation and pregnancy.** Changing levels of hormones can affect the rate at which fluid enters and leaves the tissues.



Doctors at the Mayo Clinic say you should see your doctor promptly if your leg swelling is sudden, painful, persistent, in one leg, or accompanied by shortness of breath, weight gain, or redness.

