



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

We are still in the midst of the COVID-19 pandemic. We are getting through and adapting to what seems to be our new normal.

Here's a reminder from the Maine CDC on the best precautions to take. And remember, everyone who comes into our centers is required to wear a mask:

- Wear cloth face coverings in public settings where physical distancing is hard to maintain
- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home as much as possible

July 28 is World Hepatitis Day. Viral hepatitis A, B, C, D, and E affects millions of people worldwide, causing liver disease. Talk to your provider if you think you may have been exposed to hepatitis.

Wishing you all a safe and happy 4th of July!

*Carol*

## Grilling Safety Tips from CDC.gov

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Follow these steps for a safe and enjoyable grilling season.

### Separate

When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.

### Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

### Check your grill and tools

Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking.

## Meet Our Team: Ilse Larrivee, LCSW

Ilse is part of the Behavioral Health Program and sees patients in Bucksport and Ellsworth. She co-facilitates one of the MAT Groups. She has worked with families in their homes, Family Reunification, contract agency with DHHS, and was the Clinical Supervisor for Sweetser's Residential, Children's Crisis Unit, and their Day Treatment Program. She grew up overseas, spent a year and a half in Romania doing volunteer work, sings and plays guitar, and helps run a tie dye business!



## We are hiring ... Visit [www.bucksportrhc.org](http://www.bucksportrhc.org).

- MA – Ellsworth – Part time 30 hours
- MA Bucksport – Full time
- Medical Director
- Lab Assistant/Phlebotomist
- LCSW – Bucksport/Ellsworth
- FNP/PA - Bucksport – (every other Saturday only)

Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

### Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

### Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

**145°F:** whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)

**145°F:** fish

**160°F:** hamburgers and other ground beef

**165°F:** all poultry and pre-cooked meats, like hot dogs

### After Grilling

**140°F** or warmer – until it's served

### Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

## Browntail Moth Caterpillar Q & A



**Q.** Why is everyone talking about the browntail moth?

**A.** Aside from being a forestry concern, the browntail moth in its caterpillar form has tiny, toxic hairs that can cause an itchy, bumpy rash similar to poison ivy and even respiratory problems if inhaled. In some sensitive individuals, the rash/and or respiratory reaction can be severe.

**Q.** If I just avoid touching the caterpillars directly, I'm ok, right?

**A.** No, the problem with these caterpillars is that they shed their hairs (which can remain toxic for years) in the areas where they travel and live. This means that lawns, trees, outdoor play sets, picnic tables, hanging laundry and anything else the caterpillar travelled on can all become spaces that may cause a rash when they come into contact with skin. The hairs can also become airborne when these areas are disturbed, say when mowing the lawn or pruning a tree, and may cause respiratory distress if inhaled.

**Q.** What can I do to avoid exposure to the toxic hairs?

**A.** Try to avoid areas infested with browntail moth, especially between April and August. If you cannot avoid these areas, especially if you are doing yardwork, make sure to wear protective clothing and gear, such as long sleeves and pants, a dust mask/respirator, goggles, gloves and disposable coveralls. Hairs become airborne more readily in dry weather, so try to work on wet days, especially if mowing or using a leaf blower, and use tools like a HEPA filter on a wet/dry vacuum. After working, take a cool shower to wash off any hairs on skin and avoid touching the outside of your clothing.

For more information: Visit [Maine.gov](http://Maine.gov)  
Search: Browntail Moth

## July is UV Safety Awareness Month Care for your skin this summer

[fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun](http://fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun)

As an FDA-regulated product, sunscreens must pass certain tests before they are sold. But how you use this product, and what other protective measures you take, make a difference in how well you are able to protect yourself and your family from sunburn, skin cancer, early skin aging and other risks of overexposure to the sun. Some key sun safety tips include:

- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed.
- Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.

## Word Search - GROWING GARDEN VEGGIES

Squash	Onions	Broccoli
Tomatoes	Melons	Cabbage
Radishes	Lettuce	Carrots
Potatoes	Eggplant	Beans
Peppers	Cucumber	Beets
Peas	Cauliflower	Zucchini

