



Bucksport Regional  
**Health Center**



May 2021

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

In this edition, we are focusing on the safety of COVID-19 vaccines. With misinformation flooding the internet, we feel it is important that you know the truth.

COVID-19 vaccines are safe and effective. The risk of any adverse event occurring due to a COVID vaccination is incredibly small, while the risk of severe illness and death from COVID, especially those at higher risk, is prominent. Getting vaccinated yourself may also protect people around you. The bottom line is, the more people who get vaccinated and the earlier they do it, the sooner we can all regain some sense of normalcy in our lives.

Vaccines are now readily available to those age 16 (or age 18 depending on the vaccine brand) and older. We are holding clinics often, so watch our Facebook page and website for specific dates and times. You may easily schedule your appointment yourself online or call us at 469-7371, dial 6, then dial 2.

Happy Memorial Day.

*Carol*

## COVID-19 Vaccines –Are they Safe?

[cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines)

COVID-19 vaccines are **safe and effective**. Over 230 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through April 26, 2021.

## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- Medical Assistant (per diem) Bucksport and Coastal Health primarily for COVID clinics
- LCSW - full-time - Bucksport and Coastal Health
- Scheduler – full-time – Bucksport
- Dental Assistant – per diem – Bucksport
- Greeter – per diem – Bucksport
- Medical Assistant – full-time – Bucksport (travel to Ellsworth on occasion)

## COVID-19 Vaccines, continued...

COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met FDA’s rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization (EUA).

Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

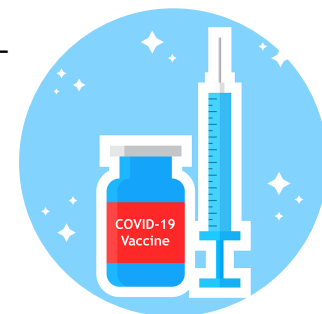
Results from monitoring efforts are reassuring. Some people have no side effects. Others have reported common side effects after COVID-19 vaccination like swelling, redness and pain at injection site, fever, headache, tiredness, muscle pain, chills and nausea.

A small number of people have had a severe allergic reaction (called “anaphylaxis”) after vaccination, but this is extremely **rare**. If this occurs, vaccination providers have medicines available to effectively and immediately treat the reaction.

After you get a COVID-19 vaccine, you will be asked to stay for 15–30 minutes so you can be observed in case you have a severe allergic reaction and provided treatment in the rare case it is needed.

Long-term side effects are unlikely. Serious side effects that would cause a long-term health problem are extremely unlikely following COVID-19 vaccination. Long-term side effects following any vaccination are extremely rare.

Vaccine monitoring has historically shown that if side effects are going to happen, they generally happen within six weeks of receiving a vaccine dose. Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected. CDC continues to closely monitor COVID-19 vaccines.



**BRHC**, 110 Broadway, Bucksport, 469-7371

**Coastal Health Center**, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit [bphc.hrsa.gov/ftca/about](https://bphc.hrsa.gov/ftca/about) for more information.  
BRHC is an equal opportunity provider and employer.

[bucksportrhc.org](http://bucksportrhc.org)

### Preventing Tick Bites on People

[www.cdc.gov/lyme/prev](http://www.cdc.gov/lyme/prev)

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

#### Before You Go Outdoors

**Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

**Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

**Use** Environmental Protection Agency registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

**Avoid Contact with Ticks.** Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

#### After You Come Indoors

**Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

**Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

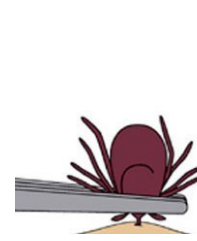
**Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

#### Check your body for ticks after being outdoors.

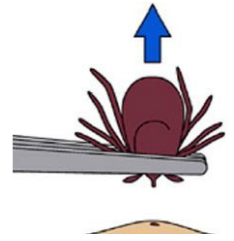
Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body.

### How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.



2. Pull upward with steady, even



pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/ container, wrapping it tightly in tape, or flushing it down the toilet.

### Word Search

Hose	Tomato	Vegetable
Compost	Watering Can	Pest
Fertilizer	Transplant	Grow
Cucumber	Blossom	Prune
Seedling	Fruit	Mulch

