



Message from the CEO

Carol Carew, RN, BSN, MBA

Summer has just begun and we have already had some dangerous temperatures. It is definitely time to ramp up protection from the sun. July is actually UV Safety Month which includes paying attention to your eye health.

The American Academy of Ophthalmology recommends getting sunglasses that block 99% to 100% of UV-A and UV-B radiation which is the best way to protect your eyes from the sun's damaging rays. If possible, get the wrap-around ones that have protective sides to prevent UV rays slipping in. Whether drug store or designer, get some protective sunglasses and wear them whenever you are outside. Even on cloudy days as the rays are powerful enough to break through.

And remember, our free veggie giveaway, every 3rd Wednesday, 11 am - 4:30 pm in Bucksport.

Carol

How you use sunscreens and what other protective measures you take, can 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.

Spots people forget to apply sunscreen:

- Ears, Nose, and Hands
- Lips - some lip balms have sunscreen
- Back of neck
- Tops of feet
- Along the hairline
- Areas of the head exposed by thinning hair

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Licensed Clinical Social Worker
- School-based Clinician
- 2 Patient Service Representatives (One Bucksport, one Ellsworth)
- Dental Assistant
- NP/PA Walk-In Care, every 3rd Saturday
- Primary Care Physician
- Dentist - per Diem
- Nurse Practitioner
- Behavioral Health Coordinator/Integration Assistant

It's Getting Hotter. Beware of Heat Related Illness Clip and Save

[About Heat and Your Health](#) | [Heat Health](#) | [CDC](#)



Heat Exhaustion

What to Look For:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to Do:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help immediately if:

- You are vomiting
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Stroke

What to Look For:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to Do:

- Call 911 right away- heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

REMEMBER:
Call 911 immediately!
Heat stroke is a medical emergency.



How HOT is it in the car?

According to the CDC, the inside of vehicles can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children and pets are especially at risk of getting a heat stroke or dying.

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car.
- Do not overlook any children who have fallen asleep in the car.

3 Rules for a Safe Bike Ride

1. Be visible and predictable Wear bright or reflective clothing, especially during dawn, dusk, or nighttime. Use front and rear lights (even during the day) and hand signals to clearly communicate your movements to drivers.

2. Follow traffic laws like a vehicle Obey stop signs, traffic lights, and lane markings. Ride in the same direction as traffic, not against it. Being consistent with the rules helps drivers anticipate your actions.

3. Stay alert and avoid distractions Keep your eyes on the road and avoid using headphones or your phone while riding. Watch out for hazards like potholes, doors swinging open from parked cars, or sudden movements from other vehicles.



For more information, visit the United States Department of Transportation.

Click here [Bike Safety](#)

5 Reasons You Should Have a Primary Care Provider (PCP)

1) Better Preventive Care: A PCP can help *prevent* you from getting sick in the first place.

You know what they say: An ounce of prevention is worth a pound of cure.

2) Continuity of Care: You get the same person all the time. Someone who knows you really well. Wouldn't it be nice to see the same person every time you need medical care?

3) Central Point of Contact: Need a specialist? Your PCP can help you and be in your corner. He or she can organize your care and make sure you are getting exactly what you need.

4) Key Resource: Your first contact when you have a question or a problem. Don't Google the answers to your questions. Talk to your PCP.

5) Fewer Trips to the ED: Your PCP can help you avoid the ER by working with you and helping you stay healthy.

Call us. We are accepting new patients!

Sparklers
Vacation
Camping
July
Fairs

Apple pie
Red white blue
Ice cream
Swimming
Flags

Fourth
Fireworks
Independence
Parades
Cookouts

