



Message from the CEO

Carol Carew, RN, BSN, MBA

It's July and tourist season is in full swing. We are very grateful for their visits as they support the local economy. The traffic is heavier however, so take

extra time and care. There are also more cycling enthusiasts on the road so keep that in mind. Visit [Bicycle Safety: Bike Safety Tips for Kids and Adults | NHTSA](#) for more information.

July is Eye Injury Prevention Month. The American Academy of Ophthalmology reports that more than 40% of eye injuries happen while doing home repairs, yard work, sports, cleaning and cooking. [Eye Injury Prevention - American Academy of Ophthalmology \(aao.org\)](#) has a lot of information on how to better protect your eyes.

Watch this space and our Facebook page because August 1-8 is **National Health Center Week**. We will be having some activities as we celebrate the importance of community health centers and all the people that help make them successful.

Carol

Be careful of the Browntail Moth!

The browntail moth has been causing plenty of trouble for anyone who comes into contact with its tiny, toxic hairs. If you're exposed, you may develop a red, itchy, bumpy rash on the skin which can last anywhere from a few hours to a few weeks.

For mild rashes, you can usually treat them at home.

- A cool baking soda or oatmeal bath can soothe irritated skin.
- Light use of hydrocortisone cream can help with the really itchy spots
- Calamine lotion is another gentle option.

If you're dealing with mild allergy-type symptoms like a runny nose or sneezing, an over-the-counter allergy medicine may help.

But if you experience serious breathing problems, trouble swallowing, or swelling of your mouth, tongue, or throat, **call 911 right away.**

[Browntail Moth | Maine Center for Disease Control & Prevention](#)

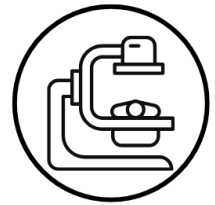
Laboratory & Radiology Services

BRHC offers a full-service laboratory. Ninety-percent of tests are completed in-house so your provider is assured of getting timely results. The results are also available to you on our Patient Portal.

Non-BRHC patients may also have laboratory work done at our laboratory. Outside lab orders (those from a provider outside BRHC) must be scheduled in advance, with a copy of the lab order sent prior to the appointment. The results of outside lab orders will be sent directly to our *ordering* physician.



Similarly, all BRHC and non-BRHC patients may use the radiology services at BRHC. Please bring your physician's order.



Technicians cannot provide test results. Only your provider can give results. We encourage you to ask your provider when you can expect your results.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Walk-in Care FNP/PA. every 3rd Saturday
- Medical Assistant - Ellsworth and Bucksport
- Health Access Coordinator
- Licensed Clinical Social Worker (Per Diem)
- Phlebotomist (Ellsworth)
- Registered Nurse (Per Diem) approx. 20hrs weekly

Hot Weather Safety Reminder

It's July so with temperatures climbing, it's important to stay cool and stay hydrated. Watch for signs of heat stress like **heavy sweating, dizziness, nausea, or headache.**

Drink plenty of water, take breaks in the shade, stay in air conditioning if possible, and avoid strenuous activity during the hottest part of the day.

If someone becomes confused or stops sweating, get medical immediately as it could be an emergency.

Learn more: [Heat-related Illnesses | Heat | CDC](#)



**July 28 is World Hepatitis Day.
What is hepatitis?**

Viral hepatitis is a group of infectious diseases known as hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E that affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease.

Viral hepatitis causes more than one million deaths each year. The liver is a vital organ that processes nutrients, filters the blood, and fights infections.

When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis, aside from the virus. If you are concerned about hepatitis, talk to your provider.

Visit [World Hepatitis Day is July 28th | CDC](https://www.cdc.gov/hepatitis/a/what-is-hepatitis-a.html) to learn more about hepatitis.

**July is UV Safety Month:
Watch Those Rays!**

Source CDC: [cdc.gov/nceh/features/uv-radiation-safety](https://www.cdc.gov/nceh/features/uv-radiation-safety)

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. It can also be dangerous. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin. But you can be outside without increasing your skin cancer risk.

To protect yourself from UV radiation:

- Stay in the shade when the sun is strongest, especially around midday.
- Wear light, comfy clothing that covers your arms and legs.
- Think about simple ways to keep your kids protected, too.
- Choose a wide-brim hat to shield your face, head, ears, and neck.
- Pick wraparound sunglasses that block both UVA and UVB rays.
- Use a broad-spectrum sunscreen with SPF 15 or higher for solid all-around protection.



We have Veggie and Fruit Giveaways each month thanks to Good Shepherd Food Bank and local farmers. Our Community Garden will be growing too so watch our Facebook page for dates and times.



Our Pharmacy is open to the public!

Visit our pharmacy, 110 Broadway, Bucksport
Hours of Operation are:
Monday - Friday: 8:00 a.m. to 5:00 p.m.

Free Delivery Available!

For more about BRHC Coastal Pharmacy, scan the code or visit bucksportrhc.org



Wordsearch July

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|----------------|-----------|--------------|
| Apple pie | Sparklers | Fourth |
| Red white blue | Vacation | Fireworks |
| Ice cream | Camping | Independence |
| Swimming | July | Parades |
| Fairs | Fairs | Cookouts |

