

The Outhouse

News you can use
When you gotta go...

Issue 7 - September 28, 2020
Shannan Breault, Editor

TICKS

The best treatment for Lyme disease is prevention. However, some people are unable to avoid tick-infested areas due to their jobs or other responsibilities. Ticks may even be found in well-cut lawns or on family pets. You should take the following precautions to prevent a tick issue:



Avoid wooded and brushy areas with high leaf litter and high grass.



Stay on trails when hiking.



Use EPA-registered insect repellants.



Wear light-colored clothing, long sleeves, and a hat when going to places where ticks may reside. Pants should be tucked into socks.



Check your entire body carefully for ticks - especially under the arms, in and around the ears, inside the belly button, on the backs of knees, in the hair, the ankles, around the waist, and between the legs. Promptly remove any ticks that are found.



Tumble dry clothes in a dryer on high heat for at least 10 minutes to kill ticks on dry clothing. Damp clothing may require longer drying time. Clothing that requires washing before drying should be washed in hot water.



Examine gear and pets for ticks.

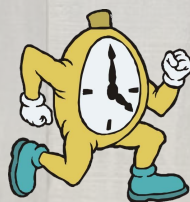


Shower as soon as possible after being outdoors. Showering may help wash away unattached ticks and may reduce the risk of getting Lyme disease and other tickborne illnesses.

FLU CLINICS

October 2, 8, & 30
12pm - 3pm
Bouck Lobby

BRING YOUR INSURANCE INFO



Time ticking away?

Wellness Coaching is available at the Wellness Center and can help you set time specific goals to organize your life. Contact the Wellness Center to schedule an appointment.

The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

360° OF WELLNESS
WELLNESS CENTER SERVICES

