

JESPY HEALTH NEWSLETTER

Rapp's Medication
DELIVERY DATE
WEDNESDAY

Aug. 12th

JESPY 3- 4-6 PM

AUGUST 2009

TRAVELER'S ALERT

*TRAVELING HAS BECOME A COMMON WAY TO
BRING BED BUGS INTO YOUR HOME*


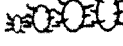

Don't let your vacation upset your home or apartment for months to come. Read this advice about BED BUGS and keep them out of your life.

It's not your fault if your house or apartment has bed bugs- but it does become your problem IF they get there and you don't take steps to get rid of them. Today's information is to help you NEVER HAVE THEM.

WHERE DO BED BUGS COME FROM?

1. Your neighbor's apartment
2. Your luggage after a trip
3. From old furniture, suitcases or bags that have the bugs inside. They can also be "left" by the former tenant of your apartment - some house warming gift!!!

WHAT DO BED BUGS LOOK LIKE?

1. Eggs are so tiny; you might not notice them-
1. Eggs hatch into NYMPHS-(baby bed bugs) 
2. NYMPHS shed in order to grow (4 times) 
(You can see the "casing" that is shed in the bed)
4. Only ADULT bed bugs lay all the eggs- 

IMPORTANT-ALL BED BUGS (except eggs) need to bite people in order to grow. Bites usually happen during the night. BED BUG BITES look like any other "bite"- they can be a little red and a little itchy or they can be large, red welts that are very itchy. Usually, the bites are around the face and neck and are in small rows where skin is uncovered during the night.



WHEN YOU TRAVEL-

- PROTECT YOUR LUGGAGE
- PROTECT YOURSELF

Check for signs of BED BUGS in ANY room you stay-

- lift the sheets off the bed
- pull up the mattress cover
- Check the pillows too

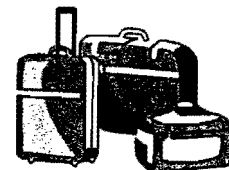
Look for **BROWN SPOTS** (blood) left from bed bugs.

- Look behind the headboard- just moving it may cause some bugs to "run" and you might see them or eggs.

Do NOT keep luggage on closet floor- if any bed bugs are "waiting" for the next meal (bite), they will be waiting for a "pick-up" to their new home.

The bathroom is the safest place for luggage.

Place suitcase and bags in plastic garbage bags whenever you are not using them. When you get home, remove contents immediately and seal suitcase in a **CLEAN** plastic bag before storing it. If bed bugs got into your suitcase, they will eventually die if they can't bite someone.



SPECIAL EDITION of Newsletter will be available at mini workshop during week of JULY 27, 2009. Look for ANNOUNCEMENTS

Time and date
BED BUGS

On Vacation/ At Home

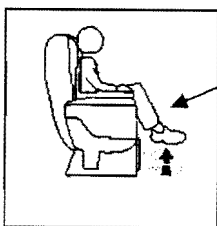
AIR TRAVEL INCREASES RISK OF BLOOD CLOTS IN LEGS

Long periods of sitting during flights can lead to dangerous blood clots in the legs. When blood pools in the legs, clots can form which may have varying degrees of size and effects on health. Small clots often go unnoticed. Moderately sized clots can cause swelling, stiffness and pain. Symptoms may take up to 2 weeks to develop. This condition is referred to as Deep Vein Thrombosis (DVT), sometimes also called traveler's thrombosis.

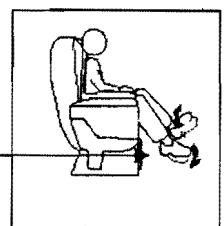
Regular movement is advised during long flights to improve blood circulation. This can be done through standing and walking around the cabin every 60 to 90 minutes. Exercises performed in a seated position can also be beneficial in reducing the risks of DVT. Focus on the calf muscle may be related to increasing the blood flow in the legs and the prevention of clotting.

Avoid tight fitting clothing when traveling. Garments should be loose and comfortable while seated. Also, increase leg room by removing items from under the seat in front. Air travel can be very dehydrating to the body. It is beneficial to regularly consume water and fruit juices throughout the duration of the flight.

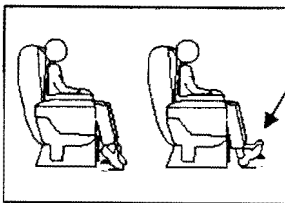
A few examples of exercises that can improve blood flow include:



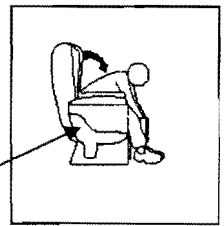
Knee-Raises- Lift knees up towards chest- one at a time or both together.



Ankle circles- Slowly rotate feet at ankles both clockwise and counter-clockwise.



Seated Calf Raises- Start with the feet flat on the floor, slowly raise the heels up while toes are on the floor. - Lower heels and press them into the floor and try to raise the toes up off the floor.



Forward bends- bend head to knees- if there is enough space in the seat.



Knee to Chest- pull one knee at a time up to your chest

More TIPS to KEEP THE BED BUGS AWAY



- Keep the bed away from the walls and other furniture
- Don't let the cover touch the floor
- Keep clutter away from the bed
- Inspect the mattress, mattress pad every time you change the sheets
- Use white sheets- it's easier to see bed bugs on plain white fabrics

SLEEP TIGHT- DON'T LET THE BED BUGS BITE