



MARINE CORPS LOGISTICS COMMAND



July 2014

Health & Wellness

Month in Review:

As we remember everyone who made the ultimate sacrifice for our freedom, please take a moment to also thank those around you who serve or have served in the past. Their patriotism and bravery are what allow us the opportunity to celebrate this nation and our freedom.



In keeping with the age old tradition of celebrating this Country's freedom with grilling, fireworks, friends, and family, the Wellness Council of America and Prevent Blindness.org have identified the month of **July** as Fireworks Safety Month. As you can imagine, there are many unintended health affects as the result of careless accidents during this time every year.

According to the Consumer Product Safety Commission, fireworks are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain. 200 people on average go the emergency room every day with fireworks-related injuries in the month around the July 4th holiday. It is important to remember that fireworks can be dangerous, causing serious burn and eye injuries, but you can help prevent fireworks-related injuries and deaths.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children can suffer injuries from sparklers, which burn at temperatures of about 2,000 degrees, which is hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.

Looking forward:

August is identified by the Wellness Council of America as being, among other things, Children's Eye Health & Safety Month and is dedicated to increasing awareness of the importance of proper eye care for youths.

According to Prevent Blindness.org, Conjunctivitis, or pink eye, is a common occurrence among children. The condition is an inflammation of the conjunctiva, the clear mucous membrane that covers the white part of the eyeball and the inside of the eyelid. It is the most common eye infection in the United States. Cases may vary from a mild redness with watery eyes to serious infections where vision is impaired or even lost. Conjunctivitis happens when the conjunctiva becomes infected, usually by a virus or bacteria.

It also can be caused by allergic reactions or chemical irritations. Signs of conjunctivitis are red and irritated eyes. If you have conjunctivitis, you may wake up with your eyelashes stuck together from dried mucus formed during the night. The condition often affects both eyes and causes a gritty feeling. Although vision is usually not affected, your eyes may be very sensitive to light and there is a stickiness of the eyelids. In severe cases the eyelids are swollen. Itching is another common symptom.

Conjunctivitis can be confused with a more serious eye disease known as iritis. That's why it is important to have your eye problem diagnosed and treated by a qualified eye care professional. It is best to have an examination by your eye care professional to determine the cause and appropriate treatment. Cleaning the crusting on the eyelids every few hours with a cotton swab soaked in lukewarm water usually helps the eye feel better. Antibiotic eye drops, ointments or other medications may also be prescribed. Tinted glasses may relieve discomfort from bright light and may also provide a cosmetic shield for the reddened and swollen eyes. The eye should not be covered by a patch, however, as this can make the infection worse.

When in doubt, the best thing you can do for your child is to get a comprehensive eye exam from an eye professional.

For more information on your child's eye health and safety, please visit the link below:

<http://www.preventblindness.org/eye-problems-adults-children>

