



Beaver County *Newsline*

July 2006

**Beaver County OSU Extension Office * Box 339 Beaver OK 73932 * Courthouse * 580-625-3464*

My family and I has been spending time at some of the lakes of Oklahoma, exploring, skiing, fishing, and just enjoying the great outdoors. Dana and I were walking and noticed wildflowers just past the mowed area. As I went closer to examine the flowers, I noticed a lot of poison ivy in the vegetation between me and the flowers. Luckily I didn't get too close! Poison ivy is found in Beaver County too; so do be aware.

Leaves of Three, Let Them Be

The saying, "Leaves of three, let them be," is familiar to many people. It's a reminder to stay away from plants that feature three leaflets to a stem, such as poison ivy.



Contact with poison ivy can cause a red, itchy rash consisting of small bumps, blisters, or swelling. Most people are sensitive to poison ivy to some degree. The irritating substance is the same for each plant, an oily, sticky resin called urushiol (uh-ROO-she-all). It takes only a tiny amount of urushiol to cause a reaction, but direct contact is essential.¹

As many as 9 out of 10 people may be allergic to urushiol, which produces a delayed hypersensitivity response on human skin (meaning a painful itchy, blistering rash hours or days after exposure). A poison ivy rash itself isn't contagious. Blister fluid doesn't contain urushiol and won't spread the rash. In addition, you can't get poison ivy from another person unless you've had contact with urushiol on that person.¹

If you get some urushiol on your hands, you may then transfer it by touching or rubbing other parts of your body. You may also develop a reaction indirectly if you touch urushiol left on an item, such as clothing, firewood, garden tools, golf balls, pets, or even shoelaces.² Burning poison ivy, poison oak, or poison sumac can also cause a reaction because the smoke contains the oil.¹

Urushiol can remain allergenic for years, especially if kept in a dry environment. So if you put away a contaminated jacket without washing it and take it out a year later, the oil on the jacket may still cause a reaction.¹

Clean anything that may be contaminated. As soon as possible, remove all clothing and shoes which were touched, preferably while wearing protective gloves. Wash everything in hot water with detergent — in a washing machine, if possible. If you must wait to wash any contaminated items, seal them up in a plastic bag or container to avoid contamination of other items. Dry cleaning will also get rid of urushiol. Bathe pets thoroughly, too. Although the lucky critters rarely react themselves, they can carry the sap on their fur for days, thus passing it along to their owners.¹

Wash your own skin with soap and cool water. Warm water may cause the resin to penetrate the skin faster.² Gently washing off the harmful resin from your skin within five to 10 minutes after exposure may help avert a reaction. After an hour or so, however, the urushiol has usually penetrated the skin and washing won't necessarily prevent a reaction, but it may help reduce its severity.¹

Once a rash has broken out, The Mayo Clinic's Website suggests the following may help:

- Over-the-counter high-potency corticosteroid creams, such as hydrocortisone, especially within the first few days
- Calamine lotion
- Creams containing menthol, such as Sarna
- Oral antihistamines, such as diphenhydramine (Benadryl, others), which may also help you sleep better
- Cool-water tub soaks with over-the-counter colloidal oatmeal (Aveeno)
- Cool, wet compresses for 15 to 30 minutes several times a day

Sources: 1. Mayo Clinic: <http://www.mayoclinic.com/health/poison-ivy/DS00774>, and 2. OSU Fact Sheet-HYG-1015-96: <http://ohioline.osu.edu/hyg-fact/1000/1015.html>,

Sunburn

Sunburn is from over-exposure to the harmful ultraviolet rays of the sun.



While the symptoms are usually temporary, the skin damage is often permanent and can have serious long-term health effects. Medical experts believe that too much exposure to the sun in childhood or adolescence is a major cause of skin cancer and premature skin aging later in life. Health experts also believe that UVA may weaken the immune system.¹

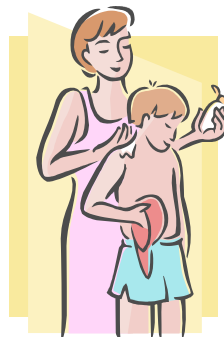
Keep in mind, there is no such thing as a "healthy tan". Unprotected sun exposure causes premature aging of the skin.² Try to discourage teens from going to tanning parlors. Like the sun, tanning devices can damage the skin and eyes.¹

Prevention

- Avoid sun exposure during hours of peak sun ray intensity. The sun's rays are strongest during the hours of 10:00 a.m. to 4:00 p.m. The sun's rays are also stronger at higher altitudes and lower latitudes (closer to the tropics). Reflection off water, sand, or snow can intensify the sun's burning rays.²
- Use water-resistant sunscreens that help protect skin from both UVA and UVB rays. Apply sunscreen with a sun protection factor (SPF) of at least 30. Pay special attention to your face, nose, ears, and shoulders. The higher the SPF, the greater the protection.² But no sunscreen totally blocks the sun's rays.¹
- Apply sunscreen liberally (at least one large handful) about 30 minutes before going outside to allow penetration. No matter what sunscreen product is used, reapply it after swimming, toweling or any vigorous activity that causes heavy perspiration. Toweling off can remove even water-resistant sunscreens.¹ Re-apply every 2 hours while you are outdoors.
- Wear sun hats. There is also SPF clothing and swimwear available.²
- Some medications (such as the antibiotic doxycycline) can make you more susceptible to sunburn.²
- Wear sunglasses with UV protection. Select sunglasses that help screen out both UVA and UVB rays. UV rays may contribute to the development of cataracts. Sunglasses that are close-fitting and have big lenses offer more protection.
- Keep babies younger than six months out of the sun. Sunscreens may irritate baby skin, and an infant's developing eyes are especially vulnerable to sunlight.¹

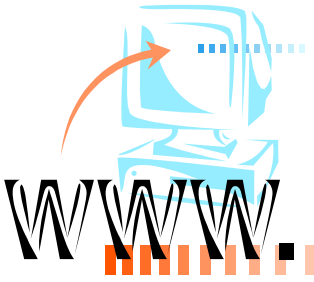
First Aid

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. (Small children may become easily chilled, so keep the water tepid.)²
- Apply an aloe vera lotion several times a day.³ Aloe contains active compounds that help stop pain and inflammation of the skin.²
- An over-the-counter pain medication, such as acetaminophen or ibuprofen may be taken if needed. DO NOT give aspirin to children.
- DO NOT apply petroleum jelly, benzocaine, lidocaine, or butter to the sunburn. They make the symptoms worse and can prevent healing.
- Leave blisters intact to speed healing and avoid infection.³
- If your sunburn begins to blister or if you experience immediate complications, such as rash, itching or fever, see your doctor.
- Call immediately if there are signs of shock, heat exhaustion, dehydration, or other serious reaction. These signs include:²
 - Feeling faint or dizzy.
 - Rapid pulse or rapid breathing
 - Extreme thirst, no urine output, or sunken eyes
 - Pale, clammy, or cool skin
 - Nausea, fever, chills, or rash
 - Your eyes hurt and are sensitive to light



SOURCES:

1. <http://www.ftc.gov/bcp/online/pubs/health/sunkids.htm>,
2. <http://www.nlm.nih.gov/medlineplus/ency/article/000062.htm>,
3. <http://www.mayoclinic.com/health/first-aid-sunburn/FA00028>



Websites to Visit

The July HCE lesson was on Computer Basics. Leslie Kraich, PTCI Representative, came to Beaver to present the leaders' lesson on understanding the internet. She did a good job of explaining the details of web pages and answering our numerous questions. Each day numerous new websites are established and not all are reputable. The following sites are worth visiting as recommended in various issues of "Website Compass" magazine:

- ♥ Family vacation tips: www.travelwithkids.about.com/cs/travelplanner/
- ♥ Tips on all kinds of fishing skills and locations: www.takemefishing.org
- ♥ Boating regulations and safety tips: www.uscgboating.org
- ♥ Center for Disease Control—West Nile from mosquito bites: www.cdc.gov/ncidod/dvbid/westnile/
- ♥ Lyme disease from tick bites: www.aldf.com
- ♥ A site dedicated to families: www.family.org
- ♥ A site dedicated to Presidents: www.americanpresidents.org
- ♥ Virtual tour of the Oval Office, portraits, and more: www.whitehouse.gov/history/presidents/
- ♥ Site to store and share photos for free: www.photos.yahoo.com

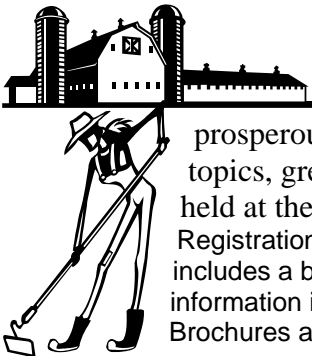
Here are some I think you might like:

- ♥ Beaver County Coop. Extension Service: <http://countyext.okstate.edu/beaver/>
- ♥ FCS—Oklahoma Cooperative Extension: <http://www.fcs.okstate.edu/>
- ♥ Official Time: <http://www.time.gov/timezone.cgi?Central/d/-6/java>
- ♥ OK Mileage Table: <http://www.okladot.state.ok.us/>
- ♥ Herald Democrat: <http://www.beavercowchipnews.com/>
- ♥ Oklahoma Centennial Projects: <http://www.oklahomacentennial.com/>

Beaver County Free Fair is Sept. 7-9, 2006

Fair books are printed and available in the courthouse or from the lesson leader. Once again pre-entries are requested by August 28 to the Beaver County Extension Office. Exhibits tags will be pre-printed so all one needs to do is attach the tags and bring the items to the fair on Thursday, September 7th.

Third Annual Women in Agriculture & Small Business Conference



The Third Annual Statewide **Women in Agriculture and Small Business Conference** will give women information on how to make their business or farm more prosperous. This upcoming conference is going to have a wonderful agenda full of informative topics, great speakers, fun activities, mini mall, and educational trade show exhibits. It will be held at the Clarion Convention Center, OKC on August 10-11, 2006. Registration is available with an early discount of \$75 for both days prior to July 14th. Registration includes a breakfast, 2 lunches, breaks and refreshments, and all conference materials. Additional information is available on the web site www.greatplainsrcd.org or by calling Casey at 580-832-3661. Brochures and registration packets are available

The courthouse will be closed on July 3rd and 4th.



OHCE NEWS

HCE Lesson Ideas Needed

Do you have a subject, a culture, a location, or an activity that you'd like to learn more about? Please send me your ideas for 2007 HCE Lessons so I can compile a list. The choices will be available to HCE members to vote on at the Fair.

OHCE Report Winners Announced

I received notice that Beaver County HCE had two winners with county reports. Linda Moeller won for Cultural Enrichment and Virginia Jett won for Resource Management. Thank you for taking the time to make these reports. OHCE groups do so much that never gets praised or recognized; it's so nice when your efforts are rewarded. Keep up the good work!

No Leaders' Lesson for July.

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