

# EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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## Aim for Health

### HIT THE TRAILS WITH THESE HIKING TIPS

**Plan Ahead** - Don't hike alone. Know where water is available. Get the weather forecast. Stay on the trail and never shortcut switchbacks.

**Get in Gear** - Travel as light as possible. The heaviest items in your pack should be food and water. Use hiking sticks to take stress off your legs. Wear well-fitting and broken-in hiking boots. Wear sunscreen, sunglasses, and a hat. When appropriate, bring a flashlight, map, compass, signal mirror or whistle, first aid kit, and water purification tablets.

**Fuel Up** - Eat before, during, and after your hike. For every hour hiking, drink ½ to 1 quart of water.

**Know Your Abilities** - If you have any health or medical issue, limit both your exertion and your exposure to the heat. Stay within your training, physical limitations, and abilities.

**Walk at a Good Pace** – You should be able to walk and talk. At this pace your legs and body are getting the oxygen needed to function efficiently.

**Take Breaks.** A break of ten minutes helps remove the metabolic waste products that build up in your legs while hiking. Take a break at least every hour.

## YOUR COMPANY'S NAME

☛ Your Company's Info

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## Your Safety

### BEE CAREFUL & AVOID STINGS

Most reactions to bees are mild, but severe allergic reactions lead to between 40 and 50 deaths each year. Symptoms of an allergic reaction include swelling, hives, itching, rash, difficulty breathing, and shock. An allergic reaction can occur even if a person has been stung before with no complications.

#### What you can do:

To keep bees away, wear light-colored clothing and avoid scented soaps and perfumes. Don't leave food, drinks, and garbage out uncovered.



Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then washing the area with soap and water. Pulling the stinger or using tweezers may push more venom into the skin. For any bug bite or sting, ice or a cold compress and OTC pain-relieving creams or oral medications can help.

Because bees puncture the skin with their stingers, there is a risk of tetanus infection. After getting the regular series of childhood tetanus shots, adults should have a tetanus booster shot every 10 years.

Watch for signs of allergic reaction to stings, which typically happen within the first few hours. If you or your child has ever had an allergic reaction to a sting, experts recommend carrying epinephrine, a prescription hormone given by injection to support blood pressure, increase heart rate, and relax airways.

[www.fda.gov](http://www.fda.gov)

## PROTECT YOUR HEARING

No matter how old or young you are, too much exposure to loud noise can permanently damage your hearing.

Know which noises can cause damage and wear ear plugs whenever you are involved in a loud activity.

**110 Decibels** - Regular exposure of more than 1 minute risks permanent hearing loss.

- Firecracker - 150 decibels
- Ambulance siren – 120 decibels
- Chain saw, rock concert – 110 decibels

**100 Decibels** - No more than 15 minutes of unprotected exposure recommended.

- Personal stereo system at max level – 105 decibels
- Wood shop, snowmobile – 100 decibels

**85 Decibels** - Prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss.

- Motorcycle – 95 decibels
- Power mower – 90 decibels
- Heavy city traffic – 85 decibels

[www.nidcd.nih.gov](http://www.nidcd.nih.gov)



## TRY A NEW TUBER: JICAMA

Jicama is a relative of the potato family. It is a popular dietary staple in Latin America and widely grown in Mexico and Central America. There are many names for Jicama including: the Mexican potato, Mexican yam bean, ahipa, saa got, Chinese turnip, lo bok, and the Chinese potato.

Jicama looks similar to a turnip or a large radish, and it can be used as an alternative to the water chestnut. Its skin is thin and can be gray, tan, or brown in color. Additionally, it has a short root and contains white flesh. The skin is typically peeled before eating it raw. Raw jicama tastes similar to a pear or apple. It also does not discolor when exposed to the open air for awhile. Because of this, raw jicama is often used as an accompaniment to raw vegetable platters. When jicama is used in cooking it tends to take on the flavors of the ingredients that it is being combined with. Therefore, jicama is a nice complement to various stir-fry dishes because it blends well with many vegetables and seasonings.

Jicama is a very versatile vegetable that contains a high amount of vitamin C, is low in sodium, and has no fat. One adult serving of jicama, which is equal to approximately 1 cup of cubed jicama or 120 grams, also contains only 45 calories.

Jicama is available year-round. When purchasing jicama, select tubers that are firm and have dry roots. Make sure that the jicama has an unblemished skin and that is not bruised. Once purchased, store jicama for up to two weeks in a plastic bag in your refrigerator.

## JICAMA, ORANGE & ONION SALAD

2 cups torn lettuce leaves  
2 navel oranges, peeled and thinly sliced  
4 red onions, thinly sliced  
1 cup peeled and julienne-sliced jicama  
1/3 cup orange juice  
1/2 tsp light olive oil or vegetable oil  
1 Tbsp finely chopped fresh cilantro  
1/4 tsp chili powder

### Directions:

In a large salad bowl, place torn lettuce. Cut orange slices into quarters; toss into lettuce with onion and jicama. For dressing, shake together all ingredients in a shaker jar; toss with salad.

**Makes 4 servings** Calories: 110, Fat: 1g, Cholesterol: 0g, Sodium: 10mg, Carbohydrates: 25g, Fiber: 6g, Sugar: 13g, Protein: 3g, Calcium: 8%, Iron: 4%, Vitamin A: 40%, Vitamin C: 120%

## Calendar of Events

### 4<sup>TH</sup> OF JULY CELEBRATION

July 4 • Riverfront Park

Music, food & fireworks, family entertainment, activity booths, beer & wine garden, and the Spokane Jazz Orchestra. [www.spokaneriverfrontpark.com](http://www.spokaneriverfrontpark.com)

### JULYAMSH POWWOW

July 25-27; Greyhound Park, Post Falls, ID  
Largest outdoor powwow in the nation - dancers, drummers, arts & crafts and much more from our local Coeur d'Alene tribe and other Native Americans. [www.cdacasino.com](http://www.cdacasino.com)

### CHERRY PICKERS TROT

July 17; Greenbluff

Enjoy a 4-mile run through Greenbluff's orchards and take part in a cherry pit spitting competition, fresh cherries, live music, quilt raffle, pony rides and more! [www.greenbluffgrowers.com](http://www.greenbluffgrowers.com)

### BATTLE OF THE BANDS AGAINST CANCER

July 17 • Pavilion Park, Liberty Lake; 4-8:30 pm  
Help raise money for Cancer Patient Care.  
Free admission. 232-2510