

NOTES FROM THE FIELD: Tule River Indian Health Center

Hello! My name is Adrianna Gibson and I am a Community Health Representative at the Tule River Indian Health Center, Inc. located in Porterville. I am also a Certified Passenger Safety Tech along with my 3 fellow CHRs.

In an effort to bring more awareness to our community, I have been creating an "Awareness Board" in our clinic. Each month is a different topic that I research and find the best information for the board.

August: Never leave a child alone in a car. This issue was highlighted to bring awareness of how many children are injured in a car when left alone. Many things can happen, there is the possibility of someone stealing your car with the child in it, or if the child is old enough they can play with the gears causing the car to move. The most common things that happen is hypothermia or hyperthermia. The message I am trying to make clear is DO NOT LEAVE

A CHILD ALONE IN A CAR, NOT FOR A MINUTE, NOT FOR A SECOND!



September: "Suicide Prevention Month". The board was created to let people know if they are having these feelings, its okay, they are not alone. There were help lines and other resources that people could access and talk to someone who could help. The board was also to raise awareness for people who know someone that feels this way and how to get that person help. Included on the board were a list of warning signs and statistics of how common the problem is.



October: Breast Cancer Awareness Month. This was to raise awareness for both men and women because it does not seem like there is enough information out there for male breast cancer. The board included information on how to give a self breast exam for both genders.

November: Diabetes Awareness Month. Information included the signs and symptoms of diabetes. It also included information on what to do if a person was hypoglycemic or hyperglycemic. It also included statistics on ethnicity and diabetes.

December: Drunk and Drugged Driving (3D) month. This is a national campaign so I thought I would bring this awareness to our clinic. The take away message on the board is that BUZZED DRIVING IS STILL DRUNK DRIVING.

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The Heat is On!



Late spring through summer things heat up so be sure to prevent injury by remembering some key points:

- Be sure to use sunscreen when doing outdoor activities and remember to apply lotion on your ears and back of the neck
- Increased heat means increased risk of hyperthermia in cars, never leave a child or animal alone in a car
- More children are injured in the summer months because most of them are out of school and may not closely be supervised

National Safety Month

2010 dates & themes posted by the National Safety Council:

- Week 1, June 1-6, Prescription Drug Overdose Prevention
- Week 2, June 7-13, Teen Driving Safety
- Week 3, June 14-20, Preventing Overexertion at Work & Home
- Week 4, June 21-27, Dangers of Cell Phone Use While Driving
- Week 5, June 28-30, Summer Safety

*For more information check their website at www.nsc.org



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January: Keep Your Resolution

Month. This board included resources for patients who were ready to make a new start. The resources included 1-800-no-butts, alcoholics anonymous, etc.

February: Healthy Heart Month.

This was also a national campaign, Red Dress Campaign.

March: Accidental Poison

Prevention Month. This awareness is to educate parents on how easily a child can come in contact with something that is poisonous in everyday household items.

I hope that with this board it helps parents to be safer with their children. In researching the awareness topics I was amazed how many people refer to medication as candy to make children take it.

I will be working on more awareness as the months come. I would love to do more injury prevention, so if anyone has suggestions or comments, please contact me at: adrianna.gibson@crihb.net. Thank you.



*We always want to highlight what is happening in your tribal communities. To submit an article please send your request to Barbara Hart, PHN barbara.hart@crihb.net or call her at 916-929-9761.

Buckle-up for Every Ride in the Car

In our own backyards people feel most relaxed and are less likely to follow all the safety precautions we take when we go on longer trips, which is why tragically most motor vehicle crashes happen within a mile of home and why injury or death is more severe in these cases.

That's why we urge you to take the a few extra seconds to

buckle-up this summer and help us in the fight to prevent unintentional deaths and injuries from motor vehicle crashes.

More and more clinic staff members are becoming trained technical experts in installing car seats. Get to know these staff! If it's been a couple years since your seat was installed have installed have a technician check

your seat today or take the next step and become a resource to your community by taking the certification course.



June is Home Safety Month

Did you know that injury in the home is extremely common? When looking at where injuries occur in injury and fatality reports, it is the second most common location to sustain injury after motor vehicle collisions on the road. Injuries in the home can be from poisoning, drowning, falling, fires, burns, suffocation and more.

Take some time this June to make your home safe with a few safety tips: **check smoke alarm batteries, check hot water heater temperature gauges, clear pathways in your home and in the homes of elders**, plan an emergency escape route, make sure there is adequate lighting in the home and make sure cleaning products and medications are out of the reach of any young children (preferably with childproof locks).

Summer Safety Themes

- June - Home Safety Month
- June - National Safety Month
- July - Fireworks Safety Month
- August - Cataract Awareness Month
- August - Spinal Muscular Atrophy Awareness Month

Pathways to Injury Prevention
A program of the California Rural Indian Health Board, Inc.
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