

CONGRATULATIONS!

JULY PRIZE WINNER: AFTYN GILES



WELLNESS AT WORK

ONLINE HEALTH QUIZ

AUGUST QUIZ RESULTS

TOPIC: THE TRUTH ABOUT SUMMER AND INSECT BITES

1. B. AN INFECTED TICK CARRIES LYME DISEASE, NOT ALL TICKS CARRY LYME DISEASE. THE WESTERN BLACK LEGGED TICK ALSO KNOWN AS THE DEER TICK TRANSMITS LYME DISEASE. IF BITTEN BY A TICK, THE TICK SHOULD BE REMOVED AS SOON AS POSSIBLE TO AVOID INFECTION. USING FINE -TIPPED TWEEZERS, GRAB THE HEAD OF THE TICK AND PULL IT STRAIGHT OUT. WASH THE BITE WITH WARM SOAP AND WATER.
2. C. FIRE FLIES, ARE ACTUALLY WINGED BEETLES THAT ARE COMMONLY CALLED LIGHTNING BUGS. THIS SPECIES IS USUALLY FOUND IN MARSHES AND WET OR WOODED AREAS WHERE THEIR LARVAE ALSO KNOWN AS GLOW WORMS HAVE AN ABUNDANCE OF FOOD.
3. BEES, WASPS, HORNETS AND YELLOW JACKETS CAN INFLICT MULTIPLE STING S BECAUSE THEY DO NOT LOSE THEIR STINGERS. IF YOU ARE STUNG AND DO NOT HAVE AN ALLERGIC REACTION, SIMPLY REMOVE THE STINGER, CLEAN THE AREA AND APPLY ICE. IF YOU EXPERIENCE ANY PAIN OR ITCHING, YOU CAN TAKE IBUPROFEN FOR PAIN AND AN ORAL ANTIHISTAMINE FOR ITCHING.
4. APPEARANCE MAY BE THE ONLY SIMILARITY THAT FIRE ANTS AND THE ORDINARY HOUSEHOLD HAVE. FIRE ANTS WHICH ARE NATIVE TO SOUTHERN STATES HERE IN THE U.S., ATTACK BY LATCHING ONTO THE SKIN WITH ITS JAW, THEN STINGS FROM ITS ABDOMEN INJECTING VENOM. THESE BITES USUALLY CAUSE RED LESIONS THAT BURN AND ITCH. USE COLD PACKS, PAIN RELIEVERS, AND ANTIHISTAMINES TO AID IN PAIN RELIEF.
5. STINK BUGS ARE NOT KNOWN TO BITE HUMANS BUT ARE DETRIMENTAL TO AGRICULTURE. STINK BUGS FEED ON FRUITS, VEGETABLES AND NYMPHS FEED ON LEAVES, STEMS AND FRUIT. TO TRAP STINK BUGS IN THE HOME, USE AN ALUMINUM PAN, DISH WATER AND A LAMP TO ATTRACT AND KILL THE STINK BUGS.
6. DRAGON FLIES ARE AMONG THE FASTEST FLYING INSECTS IN THE WORLD TRACKED AT FLYING AROUND 60 MPH. DRAGON FLIES HAVE THE ABILITY TO FLY BACKWARDS, AND CHANGE DIRECTIONS IN MIDAIR. DRAGON FLIES ALSO HAVE THE ABILITY TO HOVER FOR UP TO A MINUTE AT A TIME.
7. BEING BITTEN BY A MOSQUITO CAN BE A BIT OF A NUISANCE AS THEIR BITES CAN CAUSE SMALL BUMPS THAT POSSIBLY CAN CAUSE SWELLING AND REDNESS ALONG WITH INTENSE ITCHING. THIS TYPE OF REACTION IS ALSO KNOWN AS SKEETER SYNDROME. IF YOU HAVE BEEN BITTEN BY A MOSQUITO CLEAN THE AREA WITH ALCOHOL AND APPLY ALOE VERA TO THE AREA TO STOP ITCHING. TO REDUCE THESE SYMPTOMS YOU CAN USE AN OVER THE COUNTER ANTIHISTAMINE SUCH AS BENADRYL, CLARITIN OR ZYRTEC.
8. SINCE FLEAS ARE WINGLESS, THEY ACTUALLY JUMP FROM PLACE TO PLACE TO GET AROUND. LIKE MANY SUMMER TIME BUGS THESE INSECTS ARE BLOOD SUCKERS AND TYPICALLY FEED OFF ANIMALS; HOWEVER THEY WILL NOT TURN DOWN THE BLOOD OF HUMANS. TO TREAT FLEA BITES, START BY CLEANING THE AREA WITH WARM SOAPY WATER AND APPLY AN ANTISEPTIC AND ICE PACK TO REDUCE SWELLING.
9. MILLIPEDE'S HAVE TWO PAIRS OF LEGS AS A RESULT OF TWO SINGLE SEGMENTS FUSED TOGETHER AS ONE. MILLIPEDES ARE SLOW MOVING AND SLOW EATING INSECTS THAT EAT MAINLY DECAYING PLANTS, LEAVES AND OTHER DEAD PLANT MATTER. THEY DO POSE A GREAT THREAT IN GARDENS WHERE THEY CAN DAMAGE NEWLY EMERGING SEEDS AND PLANTS.
10. E. THE HEALTH AND WELLNESS FAIRS WILL TAKE PLACE ON SEPTEMBER 10, 2014 AT THE CITY COUNTY BUILDING, ON SEPTEMBER 16, 2014 AT THE BROOKLINE REC CENTER, SEPTEMBER 17, 2014 AT RIVERVIEW PARK ACTIVITIES BUILDING, AND THE LAST FAIR WILL BE SEPTEMBER 18, 2014 AT SCHENLEY PARK ICE RINK.

CITYFIT ONLINE HEALTH QUIZ IS THE FIRST TUESDAY OF EVERY MONTH ON THE CITYFIT HOMEPAGE AT: PITTSBURGH.PA.GOV/PERSONNEL/CITYFIT THE TOPIC FOR **SEPTEMBER'S QUIZ IS "WHAT DOES METABOLISM REALLY MEAN?"**

ONE WINNER PER MONTH.
CONTACT CHARISSE SMITH AT
412-255-2950 OR CITY.FIT@PITTSBURGH.PA.GOV