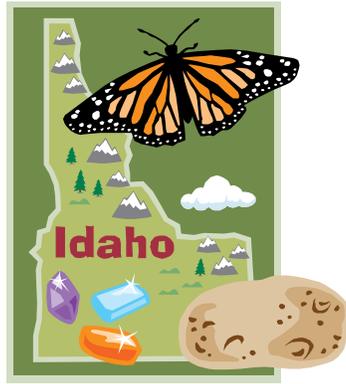


IEHA Digest



What to do when handling mold calls

Hundreds of people call our agencies each year seeking help for dealing with mold in their homes; however, there are no programs in Idaho to address mold issues. Reduce caller frustration by directly responding to their concerns about mold with the following talking points:

There are no mold programs in the state of Idaho.

There are no laws in regard to mold in Idaho.

Mold testing is expensive. It is better to spend money on clean up or relocating if feasible.

Mold can grow wherever there is a moist environment and a food source.

Stop the leak and remove any water damaged porous material to get rid of mold.



Small jobs (less than 10 sq ft) can be cleaned by occupant with soap and water. Large jobs should be cleaned by professional water damage restoration companies.

Use vents and open windows to reduce moisture in bathrooms and kitchens.

Typical mold health effects are cold like symptoms (e.g., nasal congestion, cough, headache, eye irritation, breathing problems). People should consult their doctor if they have concerns about mold health effects.

In rental situations people can view Idaho Legal Aid's *Advice for Renters: Repairs* for suggestions on getting landlords to make repairs (link: <http://www.idaholegalaid.org/article/1330>).

Submitted by Megan Keating from Idaho Health and Welfare.

Please visit the [Idaho Health and Welfare](#) and the [CDC](#) websites to find fact sheets about mold. CDC does have an informational sheet in Spanish on cleaning up mold in the home.

Wildfires

Wildfire season is starting in many areas in the west. The smoke from these wildfires can be harmful to anyone who is exposed to it. Learn how to protect yourself from wildfire smoke and how to prepare an emergency go bag by visiting the Wildfire Smoke and Your Health webpage (link: <http://healthandwelfare.idaho.gov/Health/EnvironmentalHealth/WildfireSmoke/tabid/2172/Default.aspx>).



*Photo Courtesy of Bureau of Land Management
2000-Sula, Montana*

[Be Ready! Wildfires](#) poster can be downloaded from the CDC website.

The [Idaho Fire Restrictions Map](#) for activity restrictions in your area can be checked at the BLM website.

The [USDA Forest Service](#) has several publications and maps concerning mushroom gathering in Idaho areas that went through a wildfire.

Topics

- > Where to find information concerning mold.
- > Wildfire can affect all the people in Idaho, not just those in the path.
- > Read about how to protect yourself in the field and how to get Red Cross and First Aid information right on your phone.
- > Read about members, jobs, and this year's scholarship winner.

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Be able to find critical safety information on your phone.

Lightning Strikes and Rattlesnakes

We are in the season where those of us out in the field can easily come across a rattlesnake or get caught in an abrupt lightning storm.

If you see a rattlesnake, move away and keep a 6-foot distance.

Wear heavy pants and boots when working in areas snakes may be found.

Avoid lifting things that a snake may prefer to hide under like large pieces of wood.

Avoid stepping over downed trees. Instead step on the tree and look over before stepping down.

Try to stay out of tall grassy areas.

If bit, move away slowly and call 911. Wash wound if possible.

Keep the injured area still and lower than the heart. Avoid walking if possible.

An elastic bandage can be wrapped around the area, but

make sure it is only snug. You do not want to cut off your circulation.

Lightning 30-30 Rule:

When you see lightning, count until you hear thunder. If less than 30 seconds, the storm is less than 6 miles and you should seek shelter.

Shelter can be an enclosed building or a fully enclosed vehicle.

Cell phones, but not land lines, are safe to use during storms.

American Red Cross Mobile Apps

The Red Cross created several different mobile apps to help people with first aid and natural disasters.

You can download these apps at the [Red Cross website](#), the Apple App store, or Google Play.

They can be downloaded in both English and Spanish.

Swim App

This app was created as a companion to the “learn-to-swim” program. This app provides a variety of water safety information and can help beginning swimmers track their progress.

First Aid Apps

These include standard first aid and pet first aid guides.

Natural Disaster Apps

- Tornado
- Wildfire
- Earthquake
- Hurricane
- Flood
- Shelter Finder

Check out these apps today and help protect yourself and others during an emergency.

Harmful Algal Blooms

As summer temperatures rise, more and more Idahoans can be found cooling off in one of Idaho’s many water bodies. Unfortunately, the summer heat can also cause the water temperatures of lakes and reservoirs to increase which can allow harmful algal blooms (HABs) to grow. HABs are a threat for adults, children and animals. [Learn more about HABs and their health effects.](#)



Across Idaho

Congratulations to Melody Bowyer at South Central District Health Department. She became the new EH director earlier this year when Merl Egbert decided to retire.

Jack Biddle, director of the Canyon County Landfill and one-time Southwest District Health employee retired last June. Taking his place in August will be David Loper, currently EH director of Southwest District Health. The announcement opened July 24.

Check at the State of Idaho's Division of Human Resources if you are interested in applying. (www.dhr.idaho.gov)

From the Department of Environmental Quality, long-time employees Monty Marchus and Lance Nielsen retired recently. Monty is well known and worked in the engineering department. Lance headed up the Public Drinking Water Program for Idaho.

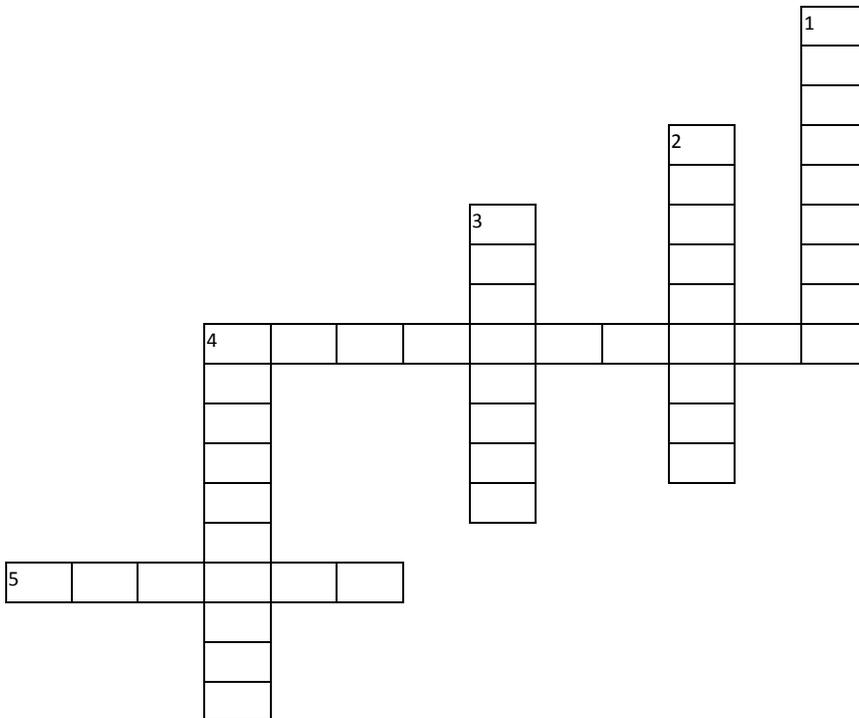
From Idaho Department of Water Resources, Sandy Hemenway retired. Sandy has worked for Southwest District Health and the Department of Environmental Quality.

Congratulations to all our retirees and hope your having a wonderful time.

If anyone has any news to report, please forward it to jami.delmore@phd3.idaho.gov.



Do You Know Your Viruses?



Can you identify some commonly found viruses that cause disease in Idaho?



Across

4. Acute liver disease typically transmitted by infected food or water.
5. Preventable disease of mammals typically transmitted by the bite of an infected animal.

Down

1. Contagious respiratory illness that has many different strains.
2. Most common cause of acute gastroenteritis in the U.S.
3. Typically transmitted by mosquitoes. First identified in the U.S. in 1999.
4. The "Sin Nombre" strain of this virus was first identified in 1993 after people became ill when they were exposed to infected rodents.



The Idaho Environmental Health Association (IEHA) is a nonprofit professional and educational organization for individuals who work to control environmental health hazards and promote healthful environmental conditions.

www.ieha.wildapricot.org

Thanks to Megan Keating at Idaho Department of Health and Welfare for the articles concerning mold, wildfire, and toxic algae.

If you have any articles, topic requests, or news from your area for future Digest Newsletters, please send them to Jami Delmore at jami.delmore@phd3.idaho.gov.

2014 IEHA Scholarship Winner—Karen Frazier

Karen Frazier won the \$500 scholarship in March 2014. Karen's major and school is for a B.S in Environmental and Occupational Health at Boise State University.

ESSAY:

Professional Goals-

"My professional goals are to become employed with an organization such as Central District Health Department where I can utilize my education and training to promote community health through education and awareness and to provide research and implementation of controls for disease and injury prevention whether in the workplace or community. My reason for pursuing a career in environmental health is that a career in this field will allow me the opportunity to pursue my passion to serve by assisting communities in promoting and maintaining better health."

Current Issue-

"I believe a current issue in environmental health locally is the air quality in Boise. There have been recorded levels above national health based standards. One way to address this problem is to bring about awareness to the public to educate them on the hazards of carbon monoxide during inversions and low air-quality. Through media awareness and educational programs, citizens in Ada County will be persuaded to turn off their engines, even in the winter months, to utilize public transportation and walk or ride their bikes when possible. As with most public and environmental health issues the problems and often the solutions are interdisciplinary and encompass a broad range of municipalities and organizations to work toward a solution. Through a group effort to educate on the importance of utilizing public transportation, riding

bikes, carpooling, etc. there will be improved health in the community as a result of less CO2 emissions and more exercise for participants utilizing bicycles or walking. The upcoming Boise Bike Share Project and other organizations that emphasize the idea utilizing bicycles as a means of transportation is a good start. This is just one current area I see where there is a possible hazard to community health due to environmental issues where there is a real and practical solution when entities and people in a community combine efforts to reach a common goal and is something I am very passionate about being a part of."

Crossword Answers

Across

4. Hepatitis A
5. Rabies

Down

1. Influenza
2. Norovirus
3. West Nile
4. Hantavirus

