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# Health and Safety News

## May 2009

Main Monthly Topic: Spring/Summer Tips (Part I)

## Moving Outdoors



It's springtime, and for most people, that means it's time to go outside and enjoy the weather. The return of warmer temperatures brings thoughts of freedom, relaxation, exploration, and being closer to nature. Whether you're relaxing in the backyard, turning up your garden, hitting the pool, or exploring the great outdoors, here are some ways to help keep you and your family healthy this spring and summer.



### Beware of Bugs

Warmer temperatures aren't just attractive to people. Mosquitoes, ticks, fleas, and other insects thrive in warmer weather, and they can transmit West Nile virus, Lyme disease, and other illnesses. Using insect repellent that works well, and applying it properly allows you to continue to play and work outdoors with a reduced risk of mosquito and tick bites. Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite. To protect yourself from tick bites, avoid tick-infested areas (especially places with leaf-litter and high grasses), wear light-colored clothing so you can see ticks crawling on you, and use repellent containing DEET. You can also treat clothing with permethrin, which protects through several washings. Always follow the directions on repellent packaging! After you have been outside, check your body, your clothing, your children, and your pets for ticks. See information below for how to check for ticks and how to remove them from skin safely once they've bitten... getting the whole

tick, not just the body! Consult your healthcare provider if you become ill in the 1-3 weeks following a bite. It could be any number of illnesses.

## PROTECT YOURSELF FROM TICK BITES

### Avoid areas with a lot of ticks

- Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter. These are areas to avoid.
- Take extra precautions in May, June, and July. This is when ticks that transmit Lyme disease are most active.
- If you do enter a tick area, walk in the center of the trail to avoid contact with overgrown grass, brush, and leaf litter.
- Ask your local health department and park or extension service about tick infested areas to avoid.



### Keep ticks off your skin

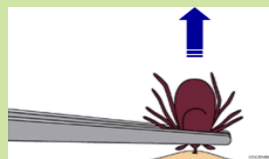
- Use insect repellent with 20% - 30% DEET on exposed skin and clothing to prevent tick bites. Effective repellents are found in drug, grocery and discount stores.
- Permethrin is another type of repellent. It can be purchased at outdoor equipment stores that carry camping or hunting gear. Permethrin kills ticks on contact! One application to pants, socks, and shoes typically stays effective through several washings. Permethrin should not be applied directly to skin. [For details on permethrin visit the National Pesticide Information Center.](#)
- Wear long pants, long sleeves, and long socks to keep ticks off your skin. Light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing. If you'll be outside for an extended period of time, tape the area where your pants and socks meet to prevent ticks from crawling under your clothes.



### Check your skin and clothes for ticks every day

- Remove ticks from your clothes before going indoors. To kill ticks that you may have missed, wash your clothes with hot water and dry them using high heat for at least one hour.
- Perform daily tick checks after being outdoors, even in your own yard. Inspect all parts of your body carefully including your armpits, scalp, and groin. [Remove ticks immediately using fine-tipped tweezers.](#)
- If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But just to be safe, monitor your health closely after a tick bite and be alert for any changes.

## Tick Removal



## Healthy Pets, Healthy People



While you're outside enjoying the weather, remember to protect your pets too. Keeping your pets healthy helps to keep you and your family healthy. Children can get roundworm and hookworm from soil contaminated by pet feces (stool), so make sure that puppies and kittens are seen by a veterinarian and dewormed. **Protect family pets from ticks and fleas** by keeping them on a flea and tick control program.

Above information is courtesy of the CDC. For more information visit this link <http://www.cdc.gov/>.

## Alerts/Warnings



Updated: April 10, 2009

### Update on Pistachio Product Recall

The FDA and the California Department of Public Health continue to investigate *Salmonella* contamination in pistachios and pistachio products. Setton Pistachio of Terra Bella Inc., Terra Bella, Calif., is voluntarily expanding its recall of roasted pistachios to include all lots of roasted in-shell pistachios and roasted shelled pistachios that were produced from nuts harvested in 2008. The firm is also recalling those raw shelled pistachios from the 2008 crop that are not subsequently roasted prior to retail sale. The pistachios may be contaminated with *Salmonella*.

Initially, the firm's recall was limited to certain lots of roasted pistachios. Information from the joint FDA and California Department of Public Health inspection indicates the presence of *Salmonella* in critical areas of the facility and the potential for

cross-contamination between raw and roasted products. After this information was shared with Setton, the firm decided to expand its recall.



Because the pistachios were used as ingredients in a variety of foods, this expanded recall will affect many products and is expected to result in other recalls. The FDA has created a searchable database of recalled products at <http://www.fda.gov/pistachios/> and will continue to update the public as its investigation progresses. Consumers should not eat pistachios or food products containing them (such as pistachio bakery goods and pistachio ice cream) until they can determine that the products do not contain pistachios recalled by Setton.

The FDA is advising wholesalers, retailers, and operators of restaurants and food service establishments not to sell or serve any pistachios or pistachio-containing products until the source of the pistachios can be determined. Firms should check with their suppliers to determine whether the source of the pistachios is Setton. If the source is Setton and the products are subject to this recall, then the pistachios and pistachio products should not be sold.

The FDA is helping the pistachio industry address the public health risks associated with *Salmonella* and to understand appropriate control procedures to prevent contamination. As part of this effort, on April 3, 2009, the FDA issued a letter to pistachio processors in the United States reminding them of their legal responsibility to ensure that the products they are providing are safe for consumption. The FDA intends to examine current pistachio industry practices and issue guidance to the industry that provides additional information on measures to be taken to prevent *Salmonella* contamination.

CALPURE co-op of California pistachio growers and the Western Pistachio Association have established a Web site that lists firms that have informed the web site sponsors that their products do not contain pistachios from Setton. Information on this Web site has not been verified by the FDA, and the Agency is not responsible for its contents: [www.pistachiorecall.org](http://www.pistachiorecall.org).

*Salmonella* can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems.

This information is from <http://www.fda.gov/default.htm>