



BE PREPARED WITH A HOME FIRST AID KIT

In many households, responding to an injury means scurrying around to a half-dozen places searching for whatever is needed to help the injured person and then realizing you don't have what you need.

That's why your home needs a first aid kit. Certainly, you can purchase preassembled kits, but you also can put together your own. The key is having the right items all in one place.

To get you started, the American Red Cross recommends a list of items, including the following:

Bandages, sterile gauze pads, antibiotic ointment, antiseptic wipes, aspirin, instant cold compress, nonlatex gloves, oral thermometer, tweezers, and more. For a complete list, go to [redcross.org](https://www.redcross.org).

While these items will help you prepare for just about any household injury, the kit will be useless if you don't know where it is. So be certain to keep it in an easily accessible location that everyone is aware of, and to return it to that spot after any use. Also, be sure to restock it after each use, and check it regularly to make sure none of the items are out-of-date.

IN THIS ISSUE

- 2 Injuries at home
- 3 Emergencies and your benefits
- 4 Harvest of the Month: Peaches

Smart Facts

52%

of home fires are caused by cooking incidents.

52,000

people die annually as a result of household poisoning.

40%

of accidental shootings involving children occur in the home of a friend.



ACCIDENTS HAPPEN. HERE'S HOW TO RESPOND.

We think of our homes as safe places, but the National Safety Council reports that more than half of all injury involved accidents happen at home. That's why [familydoctor.org](https://www.familydoctor.org) says, "You may feel your most comfortable when you're at home, but be aware there are dangers in your home, too."

When those dangers result in an injury, your first response should be to assess the seriousness of the injury. If it is life-threatening or could cause long-term damage, call 911. If it is serious but not life-threatening, consider a trip to an urgent care clinic. However, if it is not that serious, it likely can be treated at home. Following are some guidelines to help you respond to five of the most common home injuries.

Scratches and cuts. Wash your hands and use a cloth or gauze to stop the bleeding with gentle pressure. Lift the injury above the heart if possible. Once bleeding has stopped, clean the wound by holding it under water and, if necessary, use tweezers that have been dipped in alcohol to remove any debris in the wound. Apply antibiotic ointment and cover the wound with a bandage.

Burns. Hold the burn under cool (not cold) running water or soak it in cool water for 15-20 minutes. Then gently dry the burned area and apply antibiotic ointment. Aloe vera can also be used to keep the burned area cool. Cover the burn with a sterile bandage or gauze. Do not open blisters that might develop.

Sprains. Follow the well-known "RICE" protocol: Rest, Ice, Compression and Elevation. Apply ice or a cold compress to ease pain and swelling, wrap an elastic band around the injured area and elevate it. Then rest to allow the injury to heal. An anti-inflammatory drug can be used to reduce pain and swelling.

Eye injuries. If a chemical of some sort has gotten into the eye, rinse with lots of water and get medical help. If a foreign particle has gotten into the eye, bend over a basin with the eye facing downward, gently pull down the lower lid and let warm water run over the eye for a few minutes. Check to see if the irritant has been dislodged from the eye. If not, cover the eye and seek medical help.

Poisoning. The best immediate response to poisoning is to call 1-800-222-1222, which will connect you to your local poison center for guidance from an expert.



"You may feel your most comfortable when you're at home, but be aware there are dangers in your home, too."

YOUR BENEFITS: EMERGENCY CARE AND URGENT CARE

When a pressing medical condition presents itself, your first thought usually isn't, "What will my healthcare benefits cover?" But that often will be your second or third thought, and knowing the answer can help you make good decisions and save money. Following is some basic information to help you decide where you should turn in urgent medical situations.

The E.R. If someone in your family is facing a life-threatening situation, getting to the emergency room as quickly as possible is essential. The good news is that you don't have to worry about whether your benefits will cover a trip to the emergency so long as the situation truly is an emergency. The law requires that insurers cover emergency services at the same price regardless of whether the hospital where you seek care is in your network. However, you will be responsible for co-pays and deductibles required under your plan, and you might find yourself receiving bills from individual providers. Also, if you are admitted to the hospital as a result of an emergency, how you are charged could change. On the other hand, if your emergency providers code the care you receive as non-emergency care, or if your insurer decides that your condition was not a medical emergency, you might find yourself facing out-of-network costs if the hospital providing care is not in your network.

Your Primary Care Provider. If your situation is pressing but not an emergency, your first call should be to your primary care provider. They might be able to see you quickly, saving you waits in the emergency room, or at least help you decide where to go for care. One benefit to this choice: Your provider knows your medical background and can treat you in the context of your ongoing conditions and medical history. Making this choice also will be covered by insurance like any other office visit and is much less expensive than a trip to the emergency room.

Urgent Care. For non-emergency care that is urgent or when you can't reach your primary care provider, urgent care facilities are a great option, but do be mindful of what facility you choose. Most insurers will provide you with a list of urgent care facilities that will provide care at in-network rates. Even if you pay out-of-network rates, urgent care facilities typically offer care at a fraction of the cost of the E.R.



Children's Eye Health and Safety Month

Children are susceptible to countless eye problems, from infections and illness to injuries and vision issues. That's why it's imperative that parents take care to prevent and respond promptly to any eye problems their children might experience. Learn more about it [here](#).

HARVEST OF THE MONTH: PEACHES

While Americans crave the annual arrival of fresh peaches each mid- to late summer, the Chinese once believed the gods waited even longer: According to legend, they held a special Feast of Peaches every 6,000 years, believing the trees planted for the festival took 1,000 years to sprout leaves and another 3,000 years to produce ripe fruit.

Regardless of mythical longevity, it is generally accepted that peaches originated in China, and they continue to be revered throughout Asia as symbols of immortality and protection against evil spirits. It wasn't until a few hundred years ago that the fruit became popular in Europe and then the Americas, and it has only been grown commercially in the U.S. since the late 1800s. The United States is now the third-leading producer of peaches, behind Italy and, yes, China, which produces more than four times as many peaches as the U.S. and Italy combined.

Here in the U.S., the freshest peaches will be found from



July to September. To get the best peaches, choose ones that have a sweet, decidedly peachy aroma (if they smell like a grocery store produce table, move on). Once you get peaches home, keep them at room temperature until you're ready to eat them, only putting them in the refrigerator if they become fully ripened, since the cold air will stop the ripening process.



Recipe: Balsamic Peach Chicken Skillet

Ingredients:

2 tablespoons olive oil
½ medium yellow onion, sliced (about ¾ cup)
4 (5 oz.) boneless skinless chicken breasts or
1¼ lbs. chicken breast tenderloins
Salt and freshly ground black pepper
2 cloves garlic, minced
⅓ cup balsamic vinegar
1 tablespoon honey
2 cups sliced firm-but-ripe peaches (about 2
medium peaches)
1 (14.5 oz.) can diced tomatoes, drained
¼ cup thinly sliced basil

Directions:

Heat olive oil in a large skillet over medium-high heat, then add onion. Sauté three minutes, then push to the side. Add chicken, season with salt and pepper and cook until golden, about 2½ minutes per side. Remove chicken from skillet, leaving oil and onions (if not much oil is left, add ½ tablespoon). Add garlic and sauté 20 seconds, then add balsamic vinegar, cooking and stirring until reduced by half, about one minute. Stir in honey, then add peaches and tomatoes and toss. Season lightly with salt and pepper. Return chicken to skillet, cover skillet with lid, reduce to medium-low and simmer until chicken has cooked through, about 6-9 minutes. Top with fresh basil and serve.

Nutrition Information:

CALORIES: 204; PROTEIN: 21.5G; CARBOHYDRATES: 9.2G; FAT: 9G;
FIBER: 1.4G; SUGARS: 7.4G; SODIUM: 64MG; CHOLESTEROL 29MG

Sources: Accessed July 7, 2022

1. <https://injuryfacts.nsc.org/all-injuries/overview/>
2. <https://localservices.parentcircle.com/home-accidents-and-common-injuries-in-children/article>
3. <https://poisonhelp.hrsa.gov/what-you-can-do>
4. <https://www.webmd.com/eye-health/default.htm>
5. <https://www.webmd.com/health-insurance/insurance-tips-for-er>
6. <https://www.bcbs.com/articles/know-where-go-how-choose-between-doctors-office-urgent-care-and-er>
7. <https://www.policygenius.com/health-insurance/how-emergency-rooms-work/>

8. <https://www.aao.org/eye-health/tips-prevention/injuries-children>
9. <https://www.latimes.com/food/la-fo-peaches-and-nectarines-s-story.html>
10. <https://www.myrecipes.com/ingredients/fruit-recipes/how-to-pick-store-peaches>
11. <https://fruitstand.com/blogs/stories/the-weird-and-wild-history-of-peaches>
12. <https://www.frog hollow.com/blogs/news/the-history-of-peaches-frog-hollow-farm-1>
13. <https://www.cookingclassy.com/balsamic-peach-chicken-skillet/>
14. <https://familydoctor.org/treat-common-household-injuries/>