

Do it Well

Easy ways to achieve health and wellness

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About Zika Virus Disease

Zika virus disease (Zika) is a disease that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. However, Zika virus infection during pregnancy can cause a serious birth defect called microcephaly, as well as other severe fetal brain defects. Once a person has been infected, he or she is likely to be protected from future infections.

Symptoms

Most people infected with Zika virus won't even know they have the disease because they won't have symptoms. The most common symptoms of Zika are:

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.

See your doctor or other health care provider if you are pregnant and develop a fever, rash, joint pain, or red eyes within 2 weeks after traveling to a place where Zika has been reported. Be sure to tell your doctor or other health care provider where you traveled.

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"About Zika Virus Disease ..." continued

Zika virus usually remains in the blood of an infected person for about a week but it can be found longer in some people. Once a person has been infected, he or she is likely to be protected from future infections.

Diagnosis

- See your doctor or other health care provider if you develop the symptoms described above and have visited an area where Zika is found.
- If you have recently traveled, tell your doctor or other health care provider when and where you traveled.

Treatment

- There is no vaccine to prevent or medicine to treat Zika virus.
- Treat the symptoms:
 - Get plenty of rest.
 - Drink fluids to prevent dehydration.
 - Take medicine such as acetaminophen (Tylenol®) or paracetamol to reduce fever and pain.

- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.
- If you are taking medicine for another medical condition, talk to your doctor or other health care provider before taking additional medication.
- If you have Zika, prevent mosquito bites for the first week of your illness.
 - During the first week of infection, Zika virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites.
 - An infected mosquito can then spread the virus to other people.

Prevention

- No vaccine exists to prevent Zika
- Prevent Zika by avoiding mosquito bites
- Mosquitoes that spread Zika virus bite mostly during the daytime
- Prevent sexual transmission of Zika by using condoms or not having sex

Source: Centers for Disease Control. www.cdc.gov. Accessed May 16, 2016.

Using Insect Repellents Safely and Effectively

For the safe and effective use of pesticide products, always read the product label before using the product.

Applying the Product

- Read and follow the label directions to ensure proper use; be sure you understand how much to apply.
- Apply repellents only to exposed skin and/or clothing. Do not use under clothing.
- Do not apply near eyes and mouth, and apply sparingly around ears.
- When using sprays, do not spray directly into face; spray on hands first and then apply to face.
- Never use repellents over cuts, wounds, or irritated skin.
- Do not spray in enclosed areas.
- Avoid breathing a spray product.
- Do not use it near food.

Other Safety Tips

- Check the label to see if there are warnings about flammability. If so, do not use around open flames or lit cigarettes.
- After returning indoors, wash treated skin and clothes with soap and water.
- Do not use any product on pets or other animals unless the label clearly states it is for animals.
- Most insect repellents do not work against lice or fleas.
- Store insect repellents safely out of the reach of children, in a locked utility cabinet or garden shed.

Repellents and Children

The EPA advises consumers to always read and follow label directions in using any pesticide product, including insect repellents.

Because children frequently put their hands in their eyes and mouths, EPA recommends that all repellent products have the following precautionary statements related to children on their labels:

- Do not allow children to handle this product, and do not apply to children's hands. When using on children, apply to your own hands and then put it on the child.
- After returning indoors, wash your child's treated skin and clothes with soap and water or bathe.



"Using Insect Repellents ..." continued

According to the label, oil of lemon eucalyptus products should not be used on children under the age of three. Other ingredients do not have an age restriction.

DEET is approved for use on children with no age restriction. Also, there is no restriction on the percentage of DEET in the product for use on children.

If you are concerned about using repellent products on children you may wish to consult a health care provider for advice or contact the National Pesticide Information Center (NPIC) through their toll-free number, 1-800-858-7378.

Maximizing Effectiveness

Apply and re-apply a repellent according to the label instructions. Don't overuse the products, but be sure to apply the amount of repellent indicated by the label. If you don't follow the label directions, the product

may not be as effective as you expect. The label on the insect repellent product is your guide to using these products safely and effectively. The effectiveness of the product can vary due to conditions such as:

- Physical activity/perspiration.
- Water exposure.
- Air temperature.
- How attractive you are to mosquitoes and ticks; every person is different.

Look for an EPA registration number (EPA Reg. No.) on the insect repellent product label. This registration number means the company provided EPA with technical information on the effectiveness of the product. The Centers for Disease Control and Prevention (CDC) recommends the use of products registered by EPA.

Source: Environmental Protection Agency. www.epa.gov. Accessed May 16, 2016.

The Sweet Side of Grilling



Grilling fruits is a delicious way to eat more fiber, nutrients and cancer-protective compounds. What's more, you don't have to worry about the potentially cancer-causing compounds that form when meat is grilled.

You might start by experimenting with firmer fruits like apples, pears and pineapple. Softer fruits like peaches, plums and mangoes need to be watched more carefully so they don't get mushy.

Try to grill fruit about a day before it is completely ripe, which is when it holds its texture best. More tips for making great grilled fruit:

- Except for bananas, leave fruit skin on to help hold the fruit together.
- Brush the fruit or grill with a bit of oil so it won't stick.
- Grill over medium or medium-low heat.
- Watch the cooking and don't let the fruit get overdone.

Source: American Institute for Cancer Research. www.aicr.org. Accessed May 10, 2016.

Conscientious Cuisine: Grilled Peaches with Arugula and Goat Cheese Salad

- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- 3 medium peaches, pitted and cut into 6 wedges
- 1 Tbsp extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 10 cups arugula, loosely packed
- 2 Tbsp goat cheese

Prepare grill to high heat. Spray grill rack with cooking spray and set aside.

In small saucepan over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2 minutes). Remove from heat and stir in honey. Cool to room temperature.

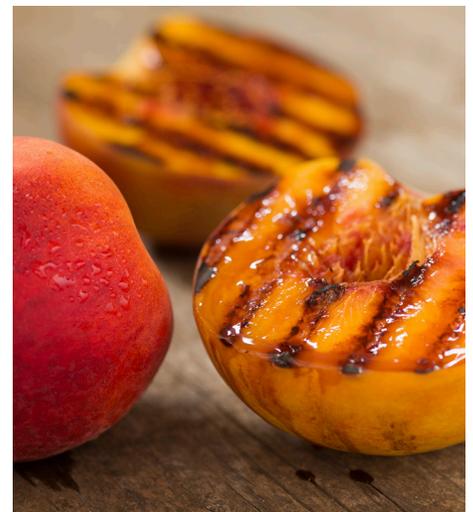
Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.

In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.

Makes 10 servings.

Per serving: 124 calories, 5 g total fat (1.5 g saturated fat), 19 g carbohydrate, 3 g protein, 2 g dietary fiber, 38 mg sodium.

Source: American Institute for Cancer Research. www.aicr.org. Accessed May 10, 2016.



Get Going: Triceps Dips

The tricep dip is a great way to strengthen the upper body and tone your triceps. The triceps are the muscles that run on the backside of your upper arm from shoulder to elbow.

Tricep dips can be done on a bench, chair or step — or even on the ground. You start this exercise sitting down. If you use a secured bench, stable chair or step, you should sit with it at your back.

1. Sit with your hands next to your thighs.
2. Position your hands shoulder-width apart on a secured bench
3. Put your legs straight out in front of you (so you don't use them to lift yourself up)
4. Slide your butt off the front of the bench
5. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.
6. Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. This completes one rep.

Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

Sources: www.30dayfitnesschallenges.com and www.popsugar.com. Accessed May 10, 2016.



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