



# SAFETY INSIGHTS

News and Awareness Information from Environmental Health & Safety

## Avoid the Bite



The summer is finally here, and while that usually means vacations and fun with family and friends, we must be on guard to avoid some of the inherent hazards that come with the activities of season, including tick bites.

Anyone who has lived on Long Island for any length of time will likely know someone who has been diagnosed with Lyme Disease, or have themselves been afflicted by the common symptoms of fever/chills, aches and pains, and the distinctive “bull’s-eye” rash. While most individuals with Lyme disease respond well to antibiotics and have full recovery, not everyone will have these symptoms, and we are hearing more about other problems that may not appear until weeks, months, or years after a tick bite. Some Chronic Lyme disease cases can share many symptoms with other chronic illnesses, including neurological complications, making diagnosis and treatment difficult. To make matters worse, some ticks can transmit other infectious diseases such as Ehrlichiosis, Anaplasmosis, Babesiosis and Rocky Mountain Spotted Fever, to name a few.

What can you do? Be informed, take precautions, act quickly and seek a doctor who specializes in diagnosing and treating lyme disease. For more information about ticks, including prevention, diagnosis and treatment, please visit the following websites. Oh, and ask lots of questions.



View the EH&S Safety Guide to identify this tick.

[EH&S Safety Guide - Prevent Tickborne Disease](#)  
[Centers for Disease Control and Prevention - Ticks](#)

## Know Before You Go



Sometimes – in spite of good planning – things can still go wrong. Get up-to-date safety and security information on the [U.S. State Department Travel](#) website. If you are traveling for research, business or pleasure, take some time to visit the [CDC Travelers' Health](#) website to view travel health notices, updates and information on how to protect yourself.

## Don't get tripped up



Each June we celebrate National Safety Month and for 2019 the National Safety Council has chosen slips, trips and falls as a focus of discussion. While walking seems like a simple task, it's been a leading cause of workplace injury for many years. In fact, there are 227,760 injures and 887 deaths in the U.S. annually. According to Injury Facts®, falls to the same level are a leading cause of preventable workplace injuries causing time away from work. So here are a few things that you can do to avoid getting tripped up?

- Be aware of your environment
- Avoid distractions
- Keep your work areas clean
- Take your time and don't rush
- Wear the proper personal protective equipment
- Choose the right footwear for your work
- Use the correct ladder or scaffolding for the job
- Always hold the handrail when using the stairs
- Never carry too much in your hands or anything that obstructs your view
- Watch where you are going
- Keep an eye out for changes in elevation
- Report any fall hazards you find

Visit our [EH&S National Safety Month](#) website to learn about the other focus topics from the National Safety Council.

## Environmental Excellence Award



Stony Brook University Hospital recently received the Practice Greenhealth Emerald Award in recognition of the hospital's ongoing commitment to improving its environmental performance and their efforts in achieving a top standard of excellence in sustainability. The hospital was also recognized with the Greening the OR Recognition Award. The Greening the OR Initiative of Practice Greenhealth

recognizes hospitals that have made substantial strides in improving environmental performance in the operating room.

To learn more about these initiatives, please visit the [Stony Brook Medicine Sustainability](#) website.

## Meet our EH&S Staff



Donna Amoscato, Environmental Specialist: Born and raised in NJ, Donna attended Rutgers University and majored in Environmental Policy, Institution, and Behaviors, with a concentration in Public Health. She worked for the NJDEP Air Quality Bureau, Miller Environmental Group and EnviroTrac, providing a variety of safety, health and environmental services programs. Here at Stony Brook, Donna interacts with multiple departments and regulatory agencies to ensure environmental compliance. She conducts monthly surface water sampling, groundwater inspections, maintains environmental permits, and conducts compliance inspections to improve the environmental sustainability of the campus. Outside of her Stony Brook job, Donna is married and a mom to 4 year old twin girls who enjoy gymnastics, print modeling, and acting. She also belongs to a Boxing Team and has been boxing for almost 3 years.

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