

April 2017



Lessons Learned

Tips from the Risk Manager

Preventing bites and stings

With warm weather comes bugs. Biting, stinging bugs. They're impossible to avoid, but you can reduce your chances of itchy, painful bites and stings.

- Apply insect repellent before going into the woods or other areas where you may come in contact with insects. Use insect repellents according to directions, especially on children. For children, a lower-concentration product should be used. Do not put repellent on small children's hands, since they may put their hands in their mouths. Wash the repellent off with soap and water after returning indoors.

- Wear light-colored, smooth-finish clothes that cover your body, such as long-sleeved shirts and long pants. Button long sleeves and tuck long pants inside boots. Avoid loose clothes that might entangle a biting or stinging insect. Avoid bright colors and don't go barefoot or wear sandals outdoors.

- Avoid wearing perfumed lotions, aftershave, or scented hair products.

- Always close car windows.
- Avoid flowering plants.

- If you have a severe allergic reaction to insect bites or stings, have someone else mow lawns or clip hedges.

- Avoid swatting at insects or flailing your arms around them. Instead, retreat slowly and calmly.

Submitted by **Holley Causey**,
Risk Manager

Do you know what your insurance pays if you need to be flown to a hospital?

Imagine you've been in a car accident, or maybe you've had a heart attack. Your condition is serious. An ambulance can't get you to the kind of medical care you need fast enough. Emergency workers call in an air team to transport you to a medical center by helicopter.

A few months later, you've recovered, but even with your insurance, you have some serious medical bills as a reminder of your ordeal. Then, you get one more you hadn't counted on. The flight that got you to life-saving treatment in the nick of time came with a \$30,000 price tag and your insurance won't cover it.

This is a situation people all over the country have experienced and it can be financially crushing.

Georgetown County is evaluating interest in a group program provided by AirMedCare Network that would allow for a reduced annual fee plan for all county employees and their families offering financial protection and peace of mind in the event of a medical emergency requiring air ambulance services. The plan would cost \$45 per year for an entire household.

A representative from Med Care will give presentations to county employees on **May 2 at 11 a.m.** and **May 3 at 3 p.m.** in County Council Chambers in the historic courthouse. All interested employees are encouraged to attend one of these meetings.

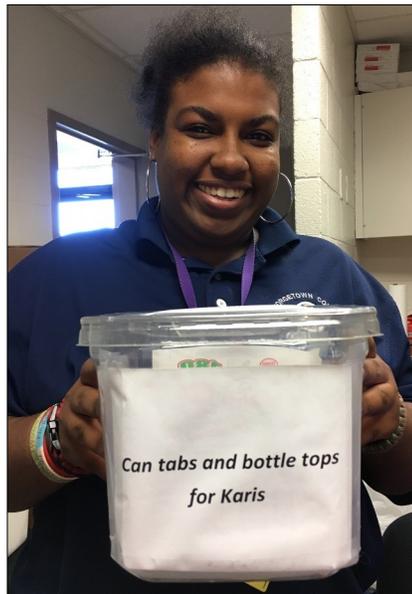
For more information, contact Human Resources at ext. 3074 or email walt.ackerman@gtcounty.org.

Sparkman collects drink tops for charity

Karis Sparkman loves to help people. It's how she was raised — to be a part of her community and help people whenever she is able.

"A lot of parents with special needs children will kind of keep them back and close them off, but I was never like that with her," said Sparkman's mother, Natasha Dones. "She was always involved. She does praise dance and is in the choir. She was in tap and ballet when she was little. She played basketball. She loves people and she likes to be involved."

One of her favorite ways to help is by collecting bottle tops and tabs from aluminum cans to donate for charity. Throughout the day, every day, she's on the lookout for cans and bottles she can collect tops from, said her co-workers at Georgetown County Parks and Recreation, where she has worked since Octo-



Karis Sparkman and her collection bucket.

ber. It's a project the 25-year-old has been dedicated to for the last 10 years.

The tabs, she sends to the Ronald McDonald House, which provides vital resources and compassionate

care to sick children and their families at hospitals worldwide. According to the charity's website, some chapters raise up to \$30,000 by selling metal tabs for recycling. Metal caps, such as those from beer bottles can also be recycled for profit.

Sparkman also collects plastic bottle tops from Coke products, which she says go to charities that help patients in need of dialysis. "She has different people who will save them for her, but she's always looking for more," Dones said. "She just loves to help people however she can. Last year, she collected canned goods for Helping Hands. She'll do things like take the trash to the curb for older people. She just gets a lot of joy out of that. She likes to help anybody."

Sparkman is an attendant at Beck Recreation Center in Georgetown, and anyone who would like to help her collect bottle caps can get them to her there.

Driver Improvement Class is May 2

Georgetown County Risk Management will host its next Driver Improvement Class on Tuesday, May 2, at 8:30 a.m. in the Sheriff's Office conference room, located at 430 N. Fraser St.

All full-time employees who operate a county vehicle are required to attend this eight-hour training session once every three years. Departments should notify Holley Causey in the Human Resources Department of all employees who need to participate in this training, either for first-time certification or for a renewal if it has been more than three years since they received their last certificate.

Employees who attend this training are asked to park behind the Sheriff's Office and arrive on time. For details, contact Holley at hcausey@gtcounty.org or ext. 3097.

Skip the waiting room with a video visit

Getting sick is never convenient — especially when you need to see a doctor. Blue CareOnDemand, offered under the State Health Plan, makes everything a little easier by letting those covered skip the waiting room.

With a Blue CareOnDemand video visit, patients can see a U.S. board-certified doctor from their computer or mobile device 24 hours a day, seven days a week, 365 days a year. Doctors can diagnosis many of the most common health issues and even write prescriptions, when appropriate.

Blue CareOnDemand is not a replacement for your primary care doctor. Individuals should maintain a relationship with their family doctor and continue scheduling office visits for checkups. However, video visits are a great solution for treating unexpected, non-emergency health issues.

To get started, sign up now and create your patient profile. Then, the next time you're sick, the doctor is only a few clicks away. Visit www.BlueCareOnDemandSC.com or download the Blue CareOnDemand app. If you have any questions, call the number on the back of your State Health Plan membership card.

On the job and in the field



The Georgetown County Sheriff's Office SWAT Team, including K-9 Diesel, recently participated in training at 8 Oaks Park.



Employees of Georgetown County Public Services and Midway Fire Rescue at a Household Hazardous Waste Collection event.

Staff gets crazy with camo for Spirit Day



Georgetown County employees rocked plenty of brown and Army green last month, when "Camo" was selected as the theme for Spirit Day. Pictured are some of the departments that had employees participate. Above is the Finance Department and at left is the Georgetown Magistrate's Office staff. A slideshow of all participant photos is on the Intranet and the Morale Committee's YouTube channel. Upcoming Spirit Day themes are: April 28, Department Color Day (every department should pick a color for their staff to wear); May 26, Flip Flops and Flowers Day. Also, get ready for Red, White and Blue day in June and Crazy Hat Day in July. More details to come. Participating employees should send photos to: MoraleCommittee@gtcounty.org. Suggestions for future themes, as well as comments are also accepted at that address.

Free health screening set for May 10

Employees and their spouses whose primary insurance coverage is through the State Health Plan are eligible to participate in a free workplace preventative health screening on **May 10** at the Georgetown County Sheriff's Office. Registration forms must be completed by **May 2** and turned in to the Human Resources Department to take part in the screening.

The screening will offer more than \$300 of testing at no cost to health plan participants. Screenings include a blood pressure check, health risk assessment, lipid panels and more. Optional specialized tests are also available at an additional cost and can be scheduled on the day of the screening. Contact Human Resources for additional information.

All results from the screening are confidential. You are encouraged to share them with your family doctor to eliminate the need for retesting.

Identifying health issues early can save you money and keep you healthy.

Participants must fast for 12 hours prior to their appointment. Learn more about free preventative health screenings and other benefits offered through your plan at www.pebaperks.com.

To contact the HR Department with questions, dial ext. 3074.