



Contact info

Contact LifeGuard through your local dispatch or by calling (800)223-6627

Preferred frequencies to use when speaking with LifeGuard are:

- 155.340 VMED 28 (State EMS)
- 155.475 VLAW 31 (Law Mutual Aid)

Identify who will be speaking with LifeGuard

Requesting LifeGuard:

Remember if you are unsure you'll need LifeGuard, you may tell dispatch that you would like to place LifeGuard on "stand-by". The crew will prepare for lift-off while awaiting the "go-mission" call. This saves minutes on lift-off time because the crew is already at the helicopter, and ready for lift-off.

You can also request LifeGuard to be an "in air" standby. This is a good option for when calls are a distance away.

There is no charge if LifeGuard is cancelled.



UnityPoint Health
St. Luke's Hospital

Lyme and Leptospirosis

I believe everyone's happy that we finally made it out of winter and into summer. Yes, it did come at us in spurts, but it's here and didn't waste any time making us uncomfortable. With the heat, sun and humidity come the pollen and bugs, bug spray and sunscreen.

Depending on where one resides, you try to make sure your pets are vaccinated for Lyme and Lepto. You protect them from fleas and ticks. But do you take care of yourself? Are you even aware that there are ticks where you run, walk the trails, or ride your bike near a slightly forested area of town? Do you know what to look for when checking yourself or family member for ticks?

For Lyme disease to exist in an area there needs to be these 3 elements: animals that are infected with the bacteria, ticks that can transmit the bacteria, and animal hosts (deer and mice) that can provide food for the ticks in the various life stages. Ticks need constant high relative humidity at ground level to survive.

Lyme disease is spread through the bite of a deer tick. If one is on you, you will not feel it as it's no bigger than a poppy seed. The tick, which is brown in color, will attach itself and feed. Within 48-72 hours it will detach and fall off. It might leave a small red bump that then resolves over a few days. If that tick is infected, there will possibly be an expanding red area that looks like a bulls-eye (erythema migrans). It can expand over several days and grow to 12 inches across. Typically it's not itchy or painful. More symptoms of Lyme disease are fever, chills, fatigue, body aches and headache. These symptoms resemble the flu. In the following weeks and months, erythema migrans can appear in other areas of your body. Joint pain, which may shift from one joint to another, can occur. Weeks, months and even years later, meningitis or Bell's palsy may develop.

Treatment begins with diagnosis. If you found a tick on you or a family member and begin experiencing the above symptoms, be seen quickly by a physician. Lab tests will help determine if you do have Lyme disease. This is treated with antibiotics. Prevention is the key. Know your risks, use insect repellent, check daily for ticks, throw your clothing in a high heat dryer (ticks cannot survive without moisture), landscape around your home to create tick-safe zones and discourage deer from grazing on plantings.

Leptospirosis is spread through the urine of infected animals. This is important when we think about the heavy rain and flooding of farmland that's been occurring this year. It spreads easily as infected farm animals, and even wild animals urinate in the floodwaters, then this water goes downstream to the next creek and river. Most people do not think about this and can be infected through an opening in the skin (cuts from walking on rocks) or through the mucous membranes (slipping, being splashed in the nose, mouth or eyes). It can take 2 days to 4 weeks to begin showing signs of being infected. The symptoms include fever, headache, chills, muscle aches and pains, diarrhea and vomiting, red eyes, jaundice, abdominal pain and rash. These symptoms also resemble the flu, much like Lyme disease. If recognized, it can be treated with antibiotics (doxycycline or penicillin). If not treated, Leptospirosis can lead to kidney damage, meningitis, liver failure, respiratory distress and even death. By being aware of your surroundings, knowing the dangers and taking the necessary precautions when possible, you can protect yourself and your family against leptospirosis.

Don't let Lyme or Leptospirosis spoil your enjoyment of summer. Get out there, have fun and be safe. Enjoy the warm weather, because in about 4 months we'll be complaining about how cold it is.

1 Center for Disease Control; February 9, 2018

2. Medical News Today; Christian Nordqvist; January 2018

3. Leptospirosis:Healthcare Workers; April 17, 2015



Call LifeGuard dispatch 24 hours a day. **800-223-6627**

Eastern Iowa's only not for profit Air Medical Service

Introducing Andre Ruby, our newest Paramedic

The crew of LifeGuard would like to introduce Andre Ruby. Andre comes to us via Air Evac Flight Service following the shutting down of one of their bases. I guess we got lucky on that one.

Andre states that he has known that he has wanted to be involved in EMS for many years. He obtained his Paramedic certification and Associate's Degree from Indian Hills Community College. He went on to obtain his Critical Care endorsement through Mercy College of Health Sciences. Andre's had the opportunity to work several places and tries to give back by also being an American Heart Association Instructor.

During his limited spare time, he managed to find a wonderful partner in life, his wife Lorrin. They recently had twins boys, Andre Jr and Andrew. They've fostered several children over the years. Along with family time, Andre also officiates at high school varsity basketball games.

When talking to Andre, he said that he is very excited to be working for LifeGuard and being able to work with the communities we serve and meeting their crew members. But since they are a new set of communities, he is also nervous. Andre is very friendly and certainly not a shy, quiet person, so he will have no problem getting to know them and you. When you see him on a call, on a safety training class or at a community event, say hi and get to know Andre.

Taking Care of YOU

Protect yourself every day by creating new habits. Wear sunscreen faithfully. Use the appropriate insect spray when needed. Look your skin over at the end of the day for any bugs, ticks, new or different spots or moles. Wear sunglasses or protective eyewear to protect your eyes from sun and debris. Wear shoes when mowing the yard. Wear ear protection when around loud machinery. Stay hydrated. Do these things and you will continue to enjoy the summer and beyond.

Contact LifeGuard to set up **LifeGuard Safety Training** (319) 369-8995
Ask to speak to a member of the flight crew.

We recommend training every year as there are changes made to the aviation industry and EMS membership



Andre Ruby, Paramedic

Save the date:
LifeGuard will once again be hosting an educational evening, **"Wisdom at the Winery"** at Cedar Ridge Winery on **October 11, 2018**. More information will be coming soon.

You can follow LifeGuard: <https://www.facebook.com/LifeGuardAirAmbulance>

Educational Opportunities

7/9	PALS	EMSLRC
8/14-12/17	EMT	NICC/Calmar
8/16-12/17	EMT	NICC/Peosta
8/20-5/10/19	Paramedic	EMSLRC
8/21-12/18	Paramedic I	NICC/Peosta
8/27-1/17/19	EMT	NIACC
9/11-1/17/19	AEMT	NIACC
9/12-9/13	ENPC	EMSLRC (Mercy Medical, CR)
10/1-10/2	TNCC	EMSLRC

Did you know...

July is National Cellphone Courtesy, Hot Dog and Ice Cream Month. July 12 is Different Colored Eyes Day, July 15 is Cow Appreciation Day, July 24 is Amelia Earhart Day and July 31 is Mutt's Day.

The first week of August is National Simplify your Life Week and the 4th week is Be Kind to Humankind Week. August 4 is US Coast Guard Day, August 19 is Aviation Day and August 31 is National Eat Outside Day.

September is Baby Safety, Little League and National Courtesy Month. September 3 is Labor Day, September 11 is 9/11 Remembrance Day, September 13 is Uncle Sam Day and September 16 is American Legion Day.

UnityPoint Health
LifeGuard
Air Ambulance



1026 A Avenue
Cedar Rapids, IA 52402
unitypoint.org/cedarrapids