



# Project

# GLOW

July

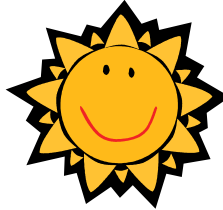
2009

A newsletter to inform and help the community find the resources they need to succeed!!

## Beat the Heat

To avoid heat illness or heat stroke:

- Drink lots of water even if you don't feel thirsty; avoid alcohol or caffeinated drinks
- Wear loose fitting, light clothing and a hat
- Avoid going out in the blazing sun, and if you must go outside, seek shade as much as possible
- Go to cool or air conditioned places like the mall, libraries, community centres etc.
- Keep drapes down, lights off, and windows slightly open
- Take a cool bath or shower
- Eat light meals; avoid using the oven
- Follow your doctor's advice for medication that has heat-related side effects
- Save intense physical activity for early mornings or evenings when it's cooler



**Get medical help if you:**

- Have difficulty breathing
- Feel dizzy, faint or have headaches
- Experience confusion or nausea

**Remember:**

- Never leave a child or pet in a parked car unattended
- Don't rely on fans alone for cooling
- Avoid the outdoors between 11 a.m. and 4 p.m. when the sun's rays are at their strongest or anytime of the day when the UV Index™ is 3 or more.
- Check your skin regularly and report any changes to your doctor

When you are in the sun, always remember **SLIP, SLAP, SLOP**: **SLIP** on clothing to cover your arms and legs, **SLAP** on a wide-brimmed hat, **SLOP** on sunscreen (SPF 15 or higher). Follow directions on the bottle.

## Free Craft & Stories for Kids – July 15 from 1:00pm– 2:00pm at 60 Frances Common Room

The Winnipeg Public Library is hosting a free craft event for kids ages 6 to 10 years. Parents are encouraged to join their children. Come out and make a craft and take it home! Light snacks and refreshments will be provided. Open to all WHRC families. Please register by calling Fiorina at 949-2896.

## Annual House Keeping Reports

WHRC is visiting suites to complete the Annual House Keeping Reports. We encourage all tenants to spend time making sure their suite is up to WHRC housekeeping standards prior to our visit. You will receive at least 24-hour notice that we will be entering your unit. WHRC has selected the following building to be inspected in June:

**50 Roslyn Rd & 324 Stradbroom**

If you would like some housekeeping advice, please call Fiorina at 949-2896. We can talk about time saving cleaning tips and ways to keep your unit up to WHRC standards.

# Don't let the **BED BUGS** bite...

Bed bugs are a small, brown, oval shaped insect, with no wings, about 1/4 inch long. They come out of their hiding spots to feed. They prefer the dark, but will come out in the light if necessary. Bed bugs prefer to hide in the creases of drapes, mattresses, box springs, furniture, under rugs, behind baseboards, headboards, inside electrical boxes and light switches. They prefer to be close to where you may sleep or sit regularly.

Bed bug's are bloodsuckers and feed for 3-10 minutes. They must feed on blood to survive, but adults have been known to survive up to 12 months with out feeding. Evidence of bed bugs may include bites on your body, and dark spots of fecal (poop) matter or blood on your bed sheets. Some people may develop a rash, but sensitivity to bites can vary from person to person. Scratching the bitten areas can lead to an infection, that may possibly require medical attention.

Females can lay up to several hundred eggs that hatch every 1-2 weeks. Bed bugs are primarily moved around by infesting furniture, bedding, clothing or through openings in walls and small cracks. After an extended period of time, they may migrate in search of a blood meal if a dwelling has been vacated and their food supply has been cut off.

If you have bed bugs, double bag all of your bedding, clothing, shoes, toys etc in large plastic garbage bags. Transport the items to the laundry room and place the items directly into the washing machine. Do not place the items on other machines, the floor or tables, as the bugs will scatter and eventually find their next host site. If you need to sort any clothing, do so in your bathtub. Do not reuse this laundry bag again. Throw these bags out in an outside garbage bin or dumpster immediately as there will be bugs that will have dropped off the clothing and onto the bottom of the bag.

Wash clothing or other items in hot water and laundry detergent. Dry items at high temperature for at least 30 minutes. For those items that can not be put in a washer or dryer, place them in the freezer for 2 hours. Infested furniture such as couches, mattresses etc, should never be dragged out of a unit. Furniture needs to be tightly wrapped in plastic before it is removed from a unit. Dragging the furniture out of a unit and down the hallway will only help the bed bugs scatter, infesting more units. Please call Winnipeg Housing if you need plastic wrap.

Lastly, do not accept used furniture. Wash and dry used clothing immediately. You may be bringing bed bugs into your home without even knowing it!

Do not be embarrassed if you have bed bugs. Having bed bugs does not mean you're dirty, it just means you're an unfortunate tenant. Report it to Winnipeg Housing immediately so that we can deal with it and prevent others from experiencing bed bugs as well.

**Contact Info**  
**Fiorina Pasquarelli**  
Project Glow Coordinator  
60 Frances Street  
Winnipeg, MB R3A 1B5  
ph. 949-2896

Summer  
is finally here!!  
Enjoy it!!



**Project Glow is sponsored by Winnipeg Housing Rehabilitation Corporation**