



September is Head Lice Prevention Month

Kids are back in school and that brings the possibility of your little darling bringing home some unwanted guests. No, we're not talking about friends or germs, we're talking about those pesky little beasts known as head lice! Head lice cause between 12 million and 25 million infestations each year, mostly in children under 12 years of age.

Despite the social stigma associated with head lice, they have nothing to do with poor hygiene. In fact, they seem to prefer healthy, clean heads. Most head lice infestations occur among preschool children in daycare facilities and elementary school children. Head lice is usually spread through head-to-head contact, but there are other ways they can be spread:

- Wearing clothing or hats of an infested person;
- Using an infested comb or brush; or
- Laying on a bed, couch or pillow of an infested person.

It is very common to mistake lice for a different condition, such as dandruff. The only way to diagnose head lice is to see the live lice on the scalp or the nits (eggs) attached to the hair follicles. After a positive diagnosis, the infected person has various treatment options available:

- Creams and liquids for topical use;
- Combing with a nit comb; and
- Oral, prescription medications.

In addition to treatment, it is a good idea to make sure anything the infested person may have come into contact with is washed or isolated:

- Machine washing clothing and bedding in hot water and machine drying them in the highest heat cycle will kill off live lice;
- Placing items that cannot be washed and dried in a sealed plastic bag and storing them for 2 weeks will also prevent the spread of any unnoticed nits or lice;
- Soaking combs and brushes in hot water for five to ten minutes; and
- Vacuuming floors and furniture.

For more information, visit www.headlice.org

Live Better Louisiana

Thank you to everyone who participated in the Live Better Louisiana program this year. The deadline for the 2019 premium credit discount has passed and we will begin working with Blue Cross and Catapult to notify those of you who qualified. If you did not participate this year, we are in the process of scheduling clinics for the 2020 plan year credit. Stay tuned for more information!

Live Better Louisiana Health Capsule – Chronic Pain is More Than Just Aches and Pains

Pain Awareness month was created to increase awareness about the effects of pain and provide education about the treatment options available to help alleviate pain. Click [here](#) to learn more.

Tailgating Safety

Football season and tailgating go hand in hand, and spending a Saturday or Sunday grilling outside with friends and family before a game is always exciting. However, it can also expose you to some risk. Make your tailgating experience more enjoyable by following a few simple tailgating safety tips before and after the big game.

- Respect Food Temperatures
- Use Gas Grills Safely
- Bring Fire Extinguisher, First Aid Kit
- Protect Yourself From the Sun
- Check If Coals Have Cooled
- Dispose Of Trash Properly
- Hide Valuables
- Designate a Driver
- Remove Debris Before Driving Home
- Take Extra Precautions in Parking Lots

For more information on these safety tips, visit blog.allstate.com/top-10-tailgating-safety-tips/

Buffalo Cauliflower with Blue Cheese Sauce

Have your creamy blue cheese sauce and eat it, too. Swap in buffalo cauliflower for the usual wings and with less calories and fat, you'll be strutting your hot stuff (in more ways than one)!

Ingredients

Cheese Sauce

- 1/3 cup nonfat sour cream
- 2 tbsp crumbled blue cheese
- 1 tbsp skim milk
- 2 tsp mayonnaise
- Salt and pepper

Buffalo Cauliflower

- 2 tbsp unsalted butter
- ¼ cup hot sauce, such as Frank's
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 8 cups cauliflower florets
- Salt

Directions

1. Preheat oven to 400°
2. For Cheese sauce:
 - a. Whisk together sour cream, blue cheese, milk, mayonnaise, 1/8 tsp salt and dash of pepper in a small bowl. Cover and refrigerate until chilled, about 30 minutes.
3. For the Buffalo Cauliflower:
 - a. Microwave the butter in a small microwave safe bowl on high until melted. Whisk the hot sauce and lemon juice and set aside.
4. Mix olive oil, ¼ tsp salt and ½ cup water in a large bowl. Add the cauliflower and toss until well coated.
5. Spread the cauliflower on a rimmed baking sheet and roast until brown and just tender, about 20 – 25 minutes.
6. Whisk the hot sauce mixture again, drizzle over the cauliflower and toss with tongs to coat.
7. Return to oven and roast until the sauce is bubbling and browned around the edges, 5 to 7 minutes more.
8. Serve hot with the cheese sauce.

yields 4 servings

For more information, visit us at www.bcbsla.com/ogb

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