

Safety Newsletters (2019)

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UW-W SAFETY SPOTLIGHT

*Administrative Affairs Division:
Office of Risk Management
A UW-Whitewater Safety Academy Publication*

January/February 2019

Trending Topics

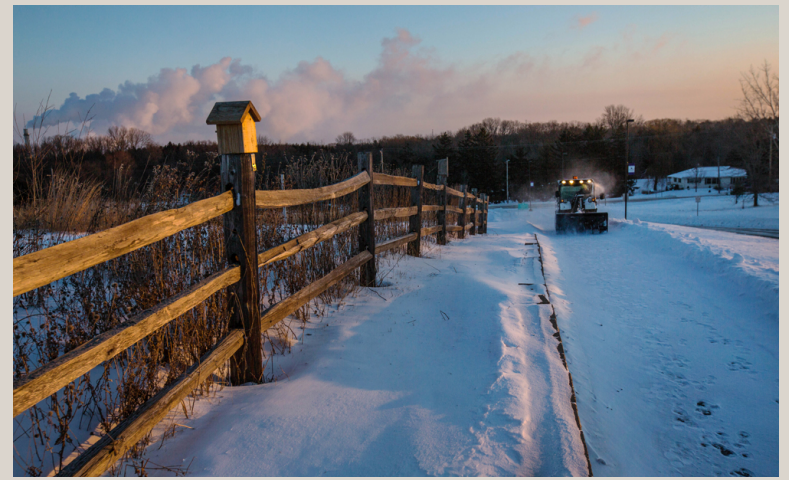
SAFETY SPOTLIGHT SURVEY

We appreciate your feedback!
Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.

<https://www.surveymonkey.com/r/95ZV3B8>

[Click here](#)

By: UW-Whitewater Safety Academy



Winter is the season for colds and flu. Being on campus, students and staff are in constant proximity to one another. Here are some ways to minimize the risk of catching colds and the Influenza (Flu) virus.

Wash your hands

It could be as simple as touching a doorknob. Germs can be transmitted by physical contact and enter the body when infected hands touch vulnerable parts like our eyes, mouths and noses. These areas offer easy access to invading germs. Washing hands often can significantly reduce the chances of catching a virus, especially the rotavirus, which tends to infect children and causes vomiting and diarrhea.

Zinc and Garlic

The mineral zinc helps fight colds and provides a boost to the immune system. Good food sources include meat, oysters, eggs, seafood, tofu, black-eyed peas. Zinc and Vitamin C make a great cold-busting combo. Garlic helps ease chest complaints, and small amounts taken daily may also reduce the frequency of colds and flu.

Drink Plenty of Water

Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function and flushes out toxins that accumulate in our bodies. If you have a cold, being dehydrated makes your mucus drier and thicker and less able to cope against invading bacteria and viruses. If already infected with a cold, drinking plenty of fluids will help flush out the infection.



FLU PREVENTION TIPS

Seasonal influenza is a contagious respiratory illness. Approximately 5-20% of U.S. residents get the flu each year.



Avoid close contact

Avoid contact with people who are sick. When you are sick, keep your distance to protect others.



Get vaccinated

The single best way to prevent seasonal flu is to get vaccinated each year.



Stay at home when sick

By staying home, you will prevent others from catching your illness. Stay home for 24 hours after fever is gone.



Cover your mouth and nose

Use a tissue or the upper part of a shirt sleeve at the elbow when coughing or sneezing.



Wash your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



Don't touch your face

Germs are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.



TIPS TO STAY HEALTHY

EAT RIGHT



EXERCISE



GET SLEEP



Ways to fight the Flu

1) Take time to get a flu vaccine.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.

2) Take everyday actions to stop the spread of germs.

Wash your hands often with soap and water or use an alcohol-based hand rub. Avoid spreading germs, by touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3) Take flu antiviral drugs if your doctor prescribes them.

Antiviral drugs can make illnesses milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

CDC FLU FACT

It takes about 2 weeks after vaccination for antibodies to develop in the body to protect against flu.



#FIGHT FLU

www.cdc.gov/FightFlu

With a cold, you don't need to go to the doctor; however, if you're having trouble breathing, cannot get your fever to go down or are showing signs of dehydration such as dizziness, weakness, confusion and fainting, you just might have the Flu and should visit the doctor.

COLD



FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks

TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101°
OR HIGHER FOR MORE THAN 24 HOURS,
SEEK TREATMENT.

PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination

 **Marshfield Clinic**
Don't just live. Shine.

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March/April 2019

Trending Topics

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RIP CURRENTS Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

Every year, more than 100 beachgoers on average drown due to these strong river-like channels of water that pull swimmers away from the shore, according to the U.S. Lifesaving Association (USLA). Nearly half of all rescues made by lifeguards at ocean beaches are related to rip currents.

<https://www.livescience.com/3910-rip-currents-ocean-deadliest-trick.html>



By: UW-Whitewater Safety Academy

Every year, college students travel U.S. and international hotspots for Spring Break. You deserve a break, but before you go, prepare yourself with knowledge so you make good memories and not bad ones!

10 SAFETY TIPS

For A Spring Break Road Trip

#1 RESEARCH BEFORE YOU GO.

No matter the destination, travel is SO much easier when there's a plan. Make sure you map out your travel routes & activities to avoid wasting time getting lost & stressing out.

#2 TAKE TURNS.

When you're going on a road trip, take turns behind the wheel & make sure someone is sitting in the passenger seat. They can help keep you awake, aware, keep an eye out for traffic, and help with directions.

#3 BRING SNACKS.

Pack lots of snacks that are easy to eat, keep energy levels high & don't need to be refrigerated. You won't regret it.

#4 TRAVEL LIGHTLY.

Remember, there's limited space in a car, and you are going to be sitting in the car for a while. Try your best not to overpack.

#5 MAKE SURE YOU HAVE A SPARE TIRE.

Before you leave for your road trip, double-check to make sure your trunk is equipped with your 'donut' tire. It may be beneficial to watch some online tutorials on how to change a tire.

#6 CREATE A PLAYLIST.

Make sure you've updated your phone with upbeat music. Mellow music will make you tired on your road trip and tired drivers are just as dangerous as drunk drivers. Don't forget your car charger!

#7 AVOID ALCOHOL.

If you know you're going to be driving, don't drink. Drinking & driving is extremely dangerous and increases your risk of getting into an accident.

#8 ABIDE THE TRAFFIC LAWS.

Make sure you're driving at a reasonable speed on your road trip route. A \$600 speeding ticket will definitely put a damper on your spring break.

#9 DETERMINE MILEAGE.

Fuel is a major expense on road trips. Use a RTA Fuel Cost Calculator to see how much money & gas you will need for the whole trip.

#10 ROADSIDE ASSISTANCE.

Find out before you depart for your road trip if your auto insurance covers roadside assistance. If not, consider purchasing AAA.

<https://www.nutleykia.net/blogs/930/driving-tips/10-safety-tips-for-a-spring-break-road-trip/>

Tips for a Safe and Fun Spring Break



If you are traveling to a nice, sunny, fun place for spring break, here a few tips that someone should think about while you are relaxing and enjoying the sun.

Wear Sun Screen

- Tanning lotion is not sunscreen! It will not protect your skin from the harmful UV rays as well as sunscreen can.
 - The most recommend SPF's to use are SPF15 or SPF30 when in the sun.
- DO NOT FORGET TO REAPPLY!!**

Drink Water

- Even though you may be drinking liquids, water will keep you hydrated and allow you to keep staying active and having fun.
- Caffeinated/alcoholic drinks dehydrate the body rather than hydrating it.

Eat Healthy and Smart

- Eating good food at the right times throughout the day will help your body have the energy it needs to keep up with all the fun activities that you may have planned.
- This may include starting out the day with a breakfast, then a lunch a few hours after for more energy, and ending the day with a well rounded dinner for night festivities.
- Packing snacks for your day of adventure is a smart choice as well, just incase you do not have time for lunch.



Smart Money Handling while Vacationing

While on a fun vaction it is smart to keep track of your money. With debit and credit cards being used more and more in todays world, thieves are becoming smarter with being able to get the information for your money. Here are some helpful pointers to avoid losing money.



Use your Front Pockets, Hidden Pockets or a Money Belt

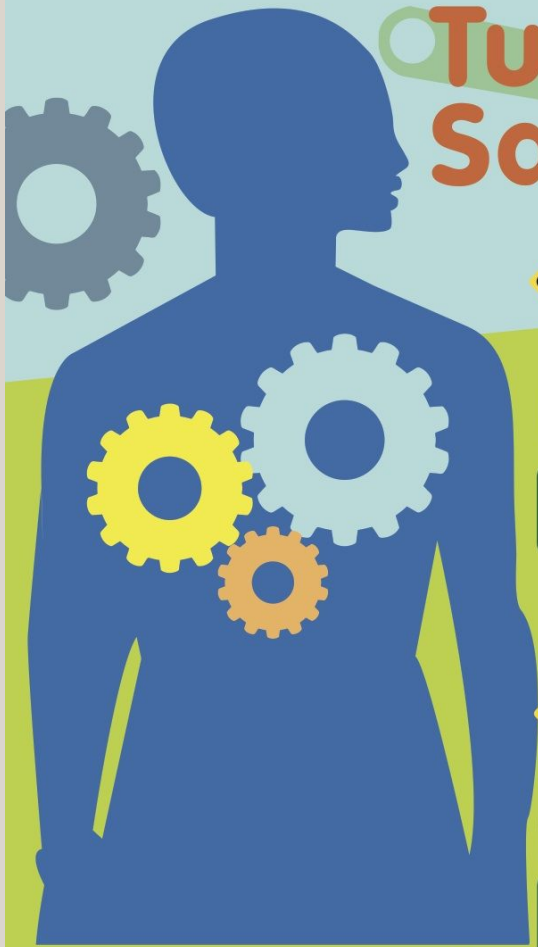
- Avoid using back pockets for money. Back pockets are easier for pit pockets to access, front pockets are deeper and less accessable for those who are not the wearer.

Check for Card Skimmers

- A card skimmer is a device that scans credit and debt cards for thieves
- Skimmers easily fit over ATM and gas pump scanners.
- To check the scanner just pull on the card reader, if the piece comes off you should alert someone immidiatly.



Tune Ups for a Safe Spring Break!



Check your seatbelt. Make sure it's on and secure.



Make sure you know the directions to where you are going. Make decisions in advance about how to get there and bring a map!



Make sure that whoever is driving has not been drinking. Call a sober friend or taxi for a safe ride.



Be sure to be well rested before driving.



Check your water intake; make sure to be hydrated and bring water!



Have enough fuel for your car and body! Make sure you get enough food before driving so you are not distracted by hunger.



Be sure to wear sunscreen to avoid sunburns and skin damage.



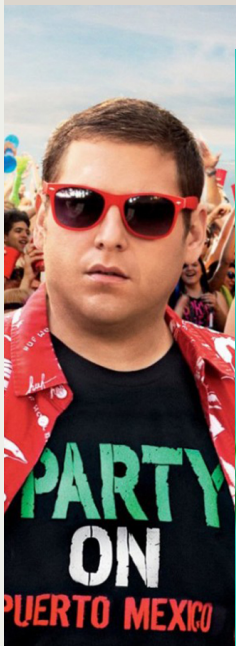
Be smart about going anywhere with someone you don't know and watch out for friends.

CHWP
Center for Health & Wellness Promotion



How To Help A Friend Who Had Too Much To Drink

- Call 9-1-1 immediately.
- Keep the person still to prevent them from falling or fainting.
- Don't walk them or give them a cold shower to sober them up. The best remedy is time.
- Don't give them food, drinks, or other drugs.
- Don't laugh, ridicule, argue, or provoke.
- If the person is vomiting, stay with them. Keep the person from lying down. If they are already lying down, turn their head to one side to avoid choking.
- If unconscious, try to wake them up. If you notice that their breathing is shallow or irregular, or if skin color is washed out, get immediate medical attention.



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May/June 2019
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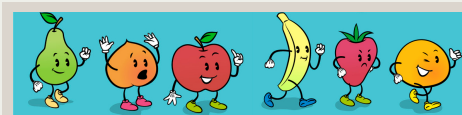


By: UW-Whitewater Safety Academy

With the end of the semester approaching, it can be easy to become overwhelmed with deadlines. Whether it's final exams or projects, here are some helpful tips to manage stress safely and effectively.

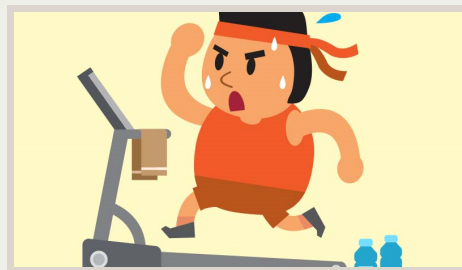
Eat Well

Did you know that an unhealthy diet can increase your stress levels? When you eat healthy, you equip your body with the nutrition it needs to fight stress. Avoid high-fat, high-sugar foods and go easy on the caffeine.



Exercise

This is one of the best things you can do to reduce stress. Exercise produces endorphins, the feel-good chemicals that act as natural painkillers, and it also improves sleep, which in turn reduces stress. Try walking, jogging, or yoga.

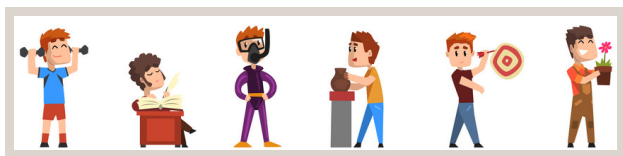


The top 3 mental health concerns facing college students are:



Have an Outlet

You need a break most when you believe you don't have time to take a break. Find a new hobby, play sports, paint, draw, garden- do something that gives you an outlet from the tension of everyday life.



Build a Support System

Having a strong support system is vital to weathering stressful times and living a joyful life. Surround yourself with family and/or friends who lift you up, encourage you, listen without judgment, and provide sound perspective.



Make a Plan

Get organized, make a plan, and stick to it. Prioritize your obligations each week and then schedule time for each-time for studying, working, family and friends, and yourself.

6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk

1 Remove uncertainty

How is this similar to what you have done before?

2 Be proactive

What can you do to improve the situation?

3 Reframing

View the task as an opportunity not a threat.

4 Best case scenario

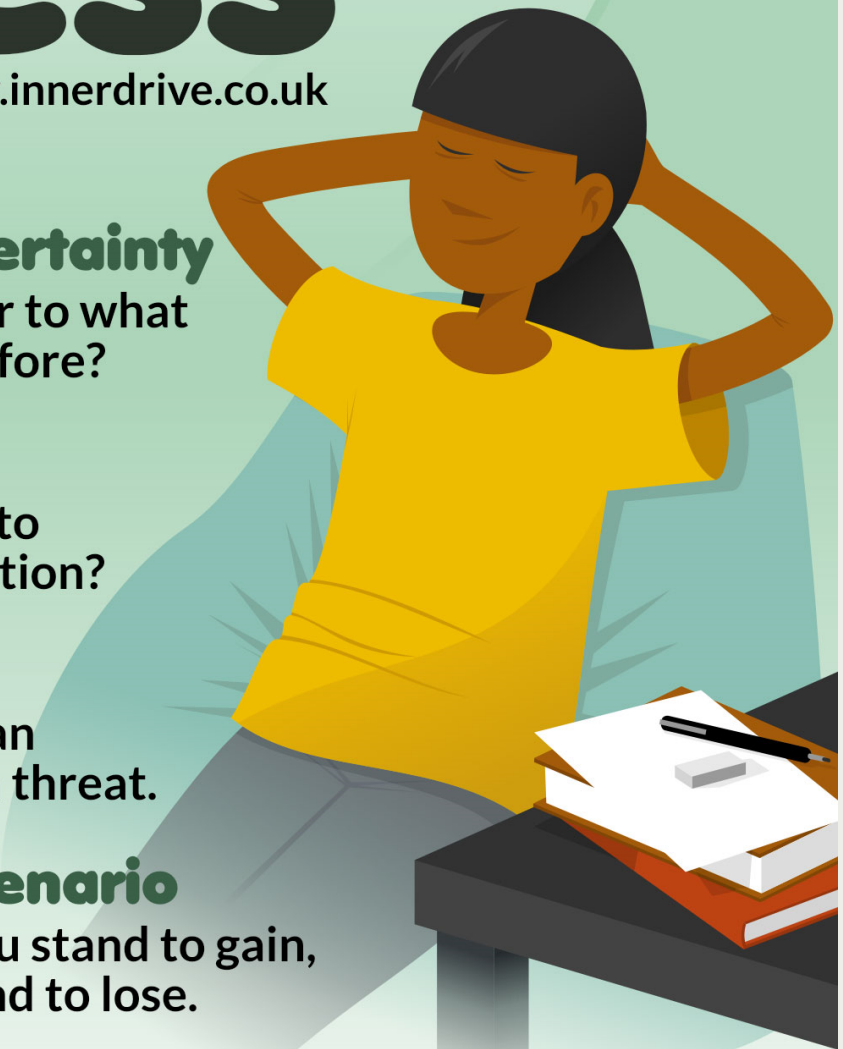
Focus on what you stand to gain, not what you stand to lose.

5 Get a good night's sleep

It's the way the brain works, everything seems worse when you are really tired.

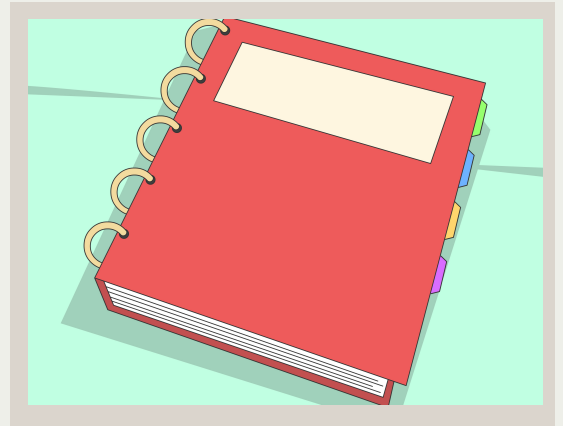
6 Talk to someone

Don't struggle in silence.



Start a Journal

You may already know that journaling helps you process life's problems and deal with everyday stress, but did you know it may also strengthen immune cells and decrease the symptoms of asthma and arthritis? Give it a shot!



If Stress Gets Too High

Everybody needs help from time to time. If you're experiencing depression or anxiety, if you're unable to sleep or enjoy life, or if you're turning to alcohol or drugs to cope with stress, it's time to ask for help. Reach out to:

Your student advisor or a resident assistant

UWW Counseling Services 472-1305

UWW Health Services 472-1300

UWW Residence life 472-5275

UWW CARE Team (Dean of Student life) 472-1533

UWW Police (24 hours) 472-4660

UWW Sexual Assault Response Team (24 hours) 472-1060

Whitewater Police (24 hours) 473-0555

Walworth County Crisis Hotline (24 hours) 1-800-365-1587

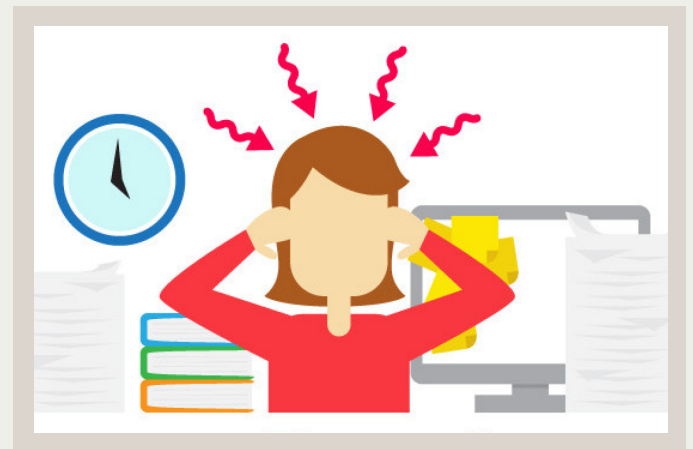
Aurora Lakeland emergency Department (24 hours) 262-741-2000

Fort Atkinson emergency Department (24 hours) 920-568-5330

Your doctor or therapist

National Suicide Prevention Lifeline 1-800-273-8255

The Substance Abuse and Mental Health Services Administration Helpline 1-800-662-HELP



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AVOIDING SUMMER HEALTH HAZARDS

 Heat Stroke: -seek shade -stay hydrated -take breaks	 Food Poisoning: -wash thoroughly -cook well -keep it chill	 Crashes: -obey speed limits -eliminate distractions	 Insect Bites: -use DEET -cover up exposed skin
 Eye Damage: -choose sunglasses that filter 100% of UV light	 Mower Injuries: -wear protective eye & footwear -keep kids away	 Swimmer's Ear: -wear ear plugs -dry wet ears quickly	 Firework Mishaps: -follow directions closely -adults only
 Boating Incidents: -wear a lifejacket -avoid alcohol -watch the weather	 Dehydration: -drink fluids -avoid overexertion in the heat	 Sunburns: -wear sunscreen -avoid midday exposure	 Athletes Foot: -keep area dry -clean and change footwear often



SUMMER SAFETY

By: UW-Whitewater Safety Academy

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to Injury Facts 2017, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

6 WAYS TO STAY COOL WHEN IT'S HOT



1- It's important to stay hydrated. According to the Center for Disease Control and Prevention, water helps your body keep your temperature normal, lubricates and cushions your joints, protects your spinal cord, and help process the removal of wastes from the body. Replacing the salt and minerals in your body is key too -heavy sweating removes salt and minerals from the body that need to be replaced.

2- Close your blinds, windows, and curtains. Sunlight can heat up your home, causing your air conditioner to work harder to keep you cool. This way, you'll stay cool and save money!) According to the U.S Department of Energy, closing curtains and blinds can reduce the amount of heat that passes into your home by as much as 45 percent.

3- Stay indoors. Simple as that. A couple of hours in an air conditioned space can help regulate your temperature. If you don't have air conditioning, fans can help keep you cool as well.



4- Pace yourself during exercise. Exerting a lot of energy during the heat can be dangerous. The CDC recommends stopping of all activity if your heart is pounding, you're gasping for breath, or if you find yourself lightheaded, confused, faint, or weak.

5- Eat light. Heavier foods or meals take more energy to digest, which can raise your temperature and use energy that could go towards keeping you cool. Plus heavier foods can make you feel slow and sluggish on hot days. The CDC says to opt for fruits, vegetables or broth soups, like celery, tomatoes and melon, which have more water and can help keep you hydrated.

6- Cool water can help as well. Take a cool shower or bath to help keep your body temperature lower. Swimming can help as well (while getting in your exercise for the day).

5 SWIMMING POOL SAFETY TIPS

1. Make sure children are supervised at **ALL** times.
2. Do **NOT** forget the Sunblock.
3. Avoid running at or near the pool area.
4. Do not push or pull others into the pool.
5. Establish a buddy system for when the pool gets crowded.

HirschfeldHomes.com



Hundreds of people die each year in the United States due to heat waves, hurricanes, lightning, flash floods, powerful thunderstorm winds, and winter storms or winter cold. Additionally, thousands of people are injured by these weather events each year.

Will it happen to you?

If you are aware of what weather event is about to impact your area, you are more likely to survive such an event. To stay on top of the weather, utilize NOAA Weather Radio All Hazards receiver units that can be purchased at most electronic stores. Make sure the model you purchase has a battery-backup. The programmable types allow you to selectively screen out those county warnings you are not interested in. Most homes have a smoke detector; shouldn't your home also have a weather radio?

You should also obtain the latest weather information from commercial TV/radio, cable TV, the internet/web, and newspapers. It's your responsibility! The Milwaukee/Sullivan National Weather Service office (WFO MKX) that services south-central and southeast Wisconsin has a web site at: <http://www.weather.gov/mkx> ...it is loaded with information and links!

What You Can do Before Severe Weather Strikes

1. Develop a disaster plan for you and your family at home, work, school, and when outdoors. The American Red Cross offers planning tips and information on a putting together a disaster supplies kit at: <http://www.redcross.org>
2. Identify a safe place to take shelter. Information on how to build a Safe Room in your home or school is available from the Federal Emergency Management Agency at: http://www.fema.gov/hazard/tornado/to_saferoom.shtml
3. Know the county/parish in which you live or visit – and in what part of that county you are located. The National Weather Service issues severe weather warnings on a county/parish basis, or for a portion of a county/parish.
4. Keep a highway map nearby to follow storm movement from weather bulletins.
5. Have a NOAA Weather Radio All Hazards receiver unit with a warning alarm tone and battery back-up to receive warning bulletins.
6. National Weather Service (NWS) watches and warnings are also available on the Internet. Select your local NWS office at: <http://www.weather.gov/organization.php> or go to the to the NWS Home Page at <http://www.nws.noaa.gov>
7. Listen to commercial radio or television/cable TV for weather information.
8. Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.
9. If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled. Don't forget about pets and farm animals.

Although it is rare, people have been killed by large hail stones after sustaining head injuries. Additionally, several people are injured by large hail stones each year in the U.S. Some thunderstorms can produce large hail stones that can reach the size of baseballs, softballs, or even as big as computer compact discs or DVDs! These large hail stones can fall at speeds over 100 mph! – that's why they are dangerous. The largest hail stone in Wisconsin was over 7 inches in diameter!



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September/October 2019
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Click Here



Even with all the safety resources a campus may provide, it is critical for you to exercise caution and practice smart safety habits. Many students quickly come to feel at home and safe on campus, and in fact, most college campuses are relatively safe places to be. However, falling into a false sense of invulnerability makes you a potential target.

Keep the following tips in mind to help make your campus experience safer. These tips work best when they are used in conjunction with each other.

- Lock your doors and valuables
- Travel safely on campus
- Carry your cell phone
- Use the buddy system
- Use the emergency "blue lights"
- Make smart decisions.

<https://www.stepp-program.org/family-modules/developing-and-maintaining-healthy-routines/campus-safety>

ON CAMPUS

WHEN WALKING AFTER DARK, USE THE "BUDDY SYSTEM" AND STAY IN WELL-LIT AREAS.

REPORT SUSPICIOUS LOITERING TO CAMPUS POLICE.

KNOW WHERE EMERGENCY PHONES ARE ON CAMPUS.

IF YOUR CAMPUS HAS A "SAFE RIDE" SERVICE, BE SURE TO USE IT IF YOU'RE ALONE IN AN AREA AND NEED A RIDE.

DON'T LISTEN TO MUSIC FULL-BLAST WHILE WALKING OR JOGGING. MAKE SURE YOU CAN STILL HEAR WHAT'S GOING ON AROUND YOU.

MAKE SURE A ROOMMATE OR FRIEND KNOWS YOUR WHEREABOUTS WHEN YOU GO OUT.

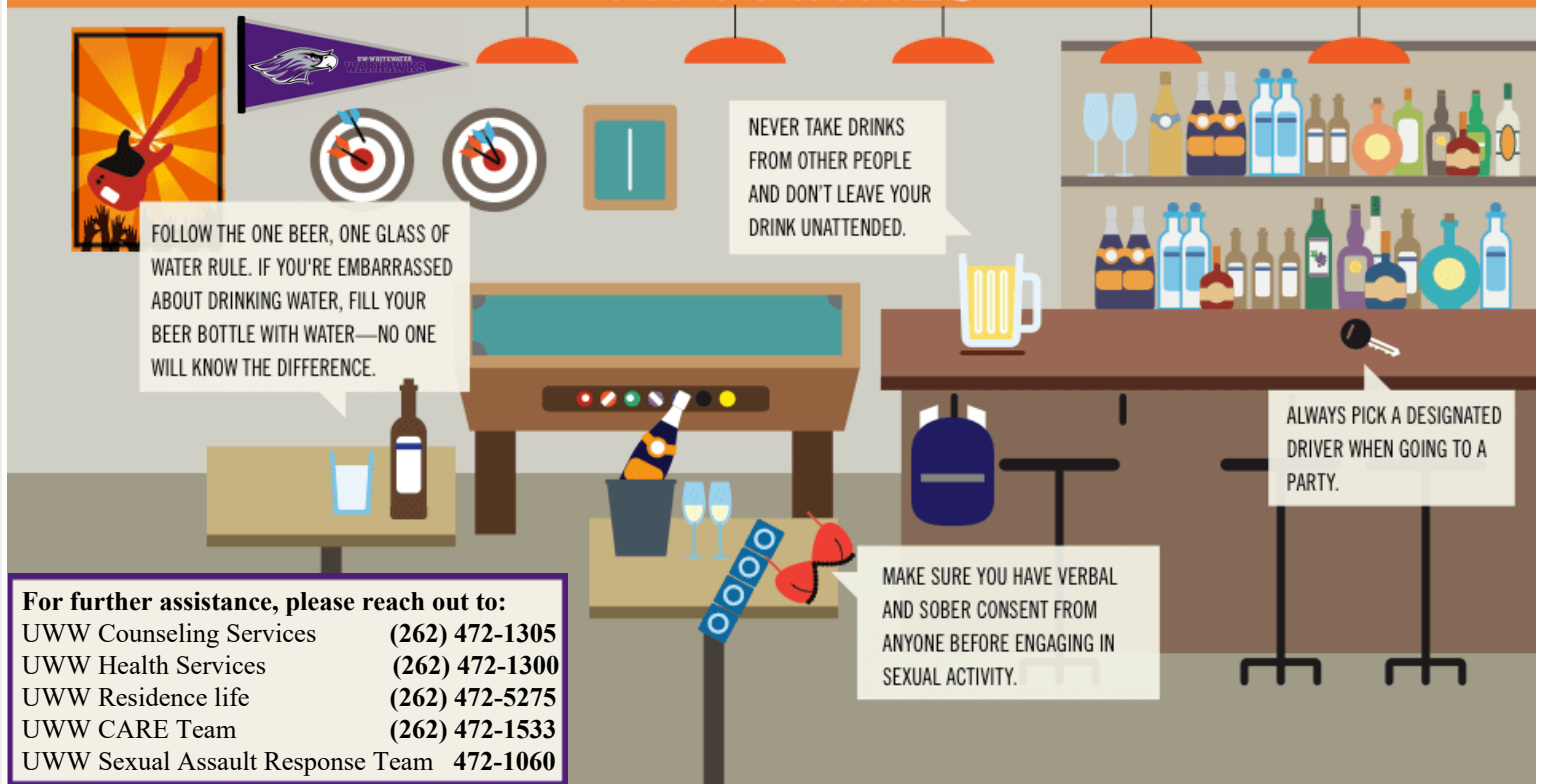
DORMITORY

IN THE DORM



<https://elearninginfographics.com/wp-content/uploads/Campus-Safety-Tips-for-College-Students>

AT PARTIES



For further assistance, please reach out to:

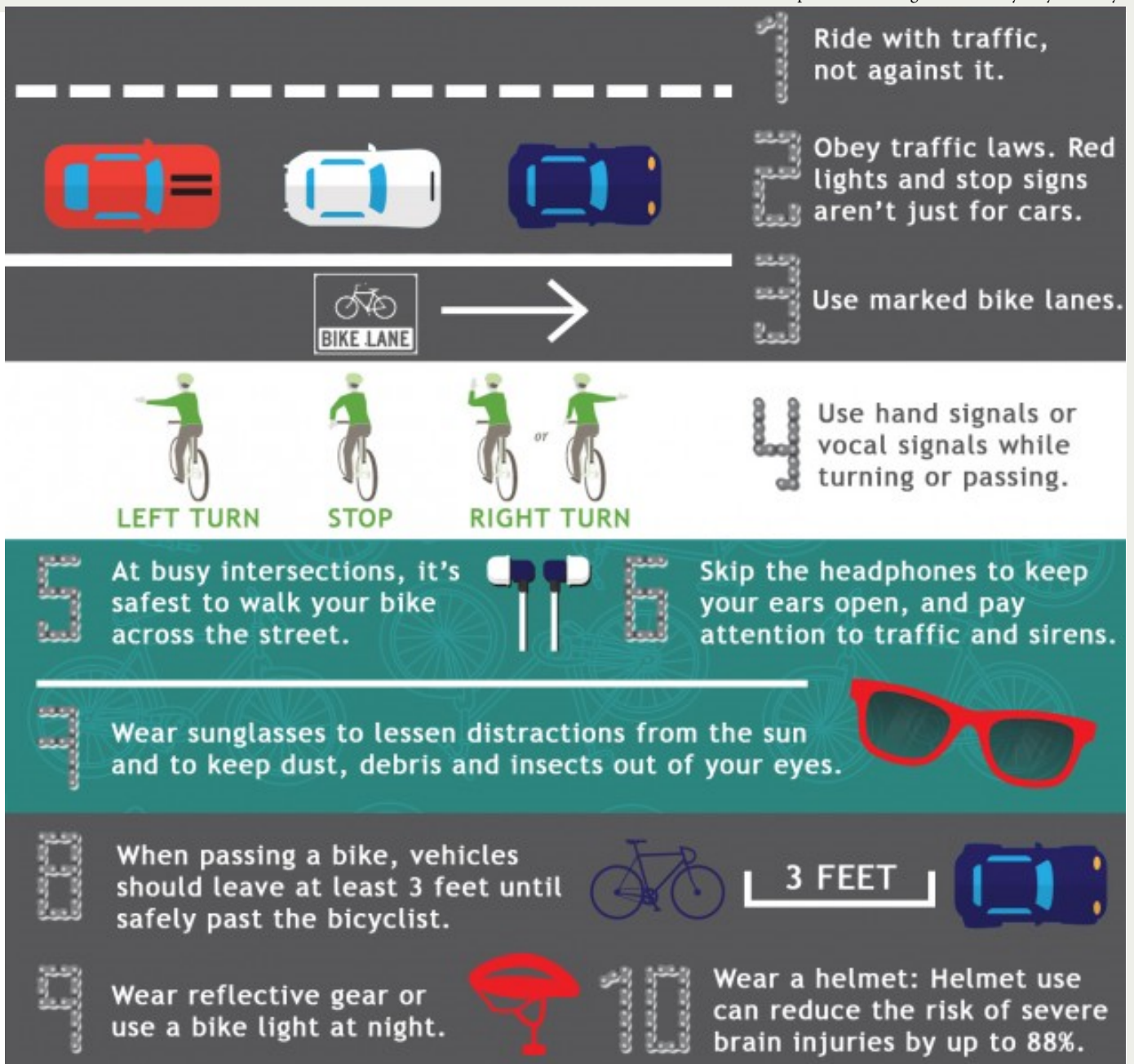
UWW Counseling Services	(262) 472-1305
UWW Health Services	(262) 472-1300
UWW Residence life	(262) 472-5275
UWW CARE Team	(262) 472-1533
UWW Sexual Assault Response Team	472-1060

BIKE SAFETY 101

Cars don't expect to see moving traffic on a sidewalk and don't look for you when backing out of a driveway or turning. Sidewalks sometimes end unexpectedly, forcing the bicyclist into a road when a car isn't expecting to look for a bicyclist. If you must ride on the sidewalk remember to:

- Check the laws to make sure sidewalk riding is legal
- Watch for pedestrians
- Pass pedestrians with care by first announcing "on your left" or "passing on your left" or use a bell;
- Ride in the same direction as traffic. This way, if the sidewalk ends, you are already riding with the flow of traffic. If crossing a street, motorists will look left, right, left for traffic. When you are to the driver's left, the driver is more likely to see you;
- Slow and look for traffic (left-right-left and behind) when crossing a street from a sidewalk; be prepared to stop and follow the pedestrian signals; and
- Slow down and look for cars backing out of driveways or turning.

<https://www.nhtsa.gov/road-safety/bicycle-safety>



- 1** Ride with traffic, not against it.
- 2** Obey traffic laws. Red lights and stop signs aren't just for cars.
- 3** Use marked bike lanes.
- 4** Use hand signals or vocal signals while turning or passing.
 - LEFT TURN
 - STOP
 - RIGHT TURN
- 5** At busy intersections, it's safest to walk your bike across the street.
- 6** Skip the headphones to keep your ears open, and pay attention to traffic and sirens.
- 7** Wear sunglasses to lessen distractions from the sun and to keep dust, debris and insects out of your eyes.
- 8** When passing a bike, vehicles should leave at least 3 feet until safely past the bicyclist.
- 9** Wear reflective gear or use a bike light at night.
- 10** Wear a helmet: Helmet use can reduce the risk of severe brain injuries by up to 88%.

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It's Flu Season! Influenza ("flu") season can cause mild to severe illness, and at times can lead to death. To ensure the safety and health of students and faculty, we encourage you to know the signs and symptoms of the flu and the steps needed to reduce the spread of illness.

FLU MYTHS VS. FLU FACTS

MYTH

I DON'T NEED TO GET MY FLU SHOT.

MYTH

THE FLU IS JUST A BAD COLD.

FACT

THE FLU MAY CAUSE COLD SYMPTOMS BUT INFLUENZA IS A SERIOUS DISEASE THAT CAN BE FATAL, EVEN FOR NORMALLY HEALTHY ADULTS.

immune.org.nz

FACT

BABIES UNDER 6 MONTHS OF AGE ARE TOO YOUNG TO BE VACCINATED. THEIR SAFETY DEPENDS ON THE REST OF US GETTING THE FLU SHOT.

www.ontario.ca

MYTH

YOU CAN GET THE FLU FROM THE VACCINE.

FACT

THE VACCINE IS MADE FROM AN INACTIVATED VIRUS THAT CAN'T TRANSMIT INFECTION.

health.harvard.edu

MYTH
ANTIBIOTICS CAN FIGHT THE FLU.

FACT

ANTIBIOTICS CAN ONLY FIGHT BACTERIAL INFECTIONS. THE FLU IS A VIRUS, SO ANTIBIOTICS HAVE NO EFFECT ON ANY KIND OF FLU.

www.cdc.gov



In 2015, Runnymede had one of the highest vaccination rates among its peer hospitals in the Greater Toronto Area, with 80% of staff and volunteers rolling up their sleeves to get the flu shot.

PREVENT COLDS & FLU



Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

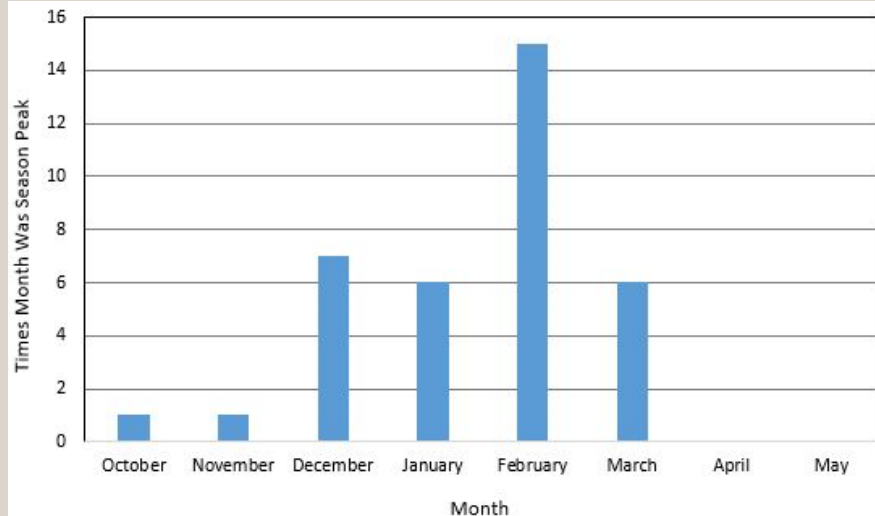
AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



When is the flu season in the United States?

In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces FluView, a weekly surveillance report, and FluView Interactive, which allows for more in-depth exploration of influenza surveillance data. The Weekly U.S. Influenza Summary Update is updated each week from October through May.



<https://www.cdc.gov/flu/about/season/flu-season.htm>

If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

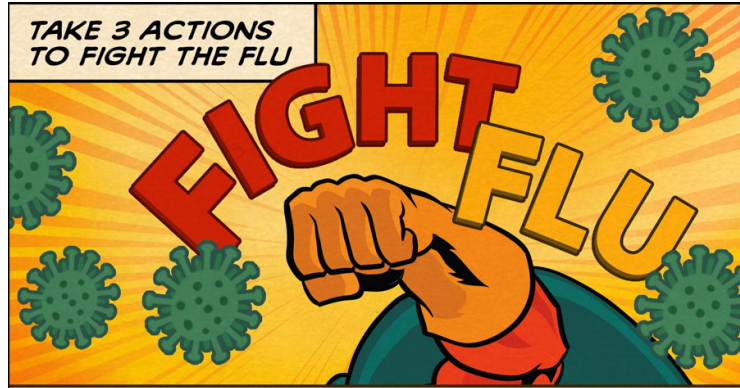
Learn more: <https://www.cdc.gov/flu/consumer/treatment.htm>

#FIGHT FLU



<https://www.cdc.gov/flu/resource-center/freeresources/graphics/infographic-fight-flu.htm>

TAKE 3 ACTIONS TO FIGHT THE FLU



INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Learn more: <https://www.cdc.gov/flu/consumer/vaccinations.htm>

TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP STOP THE SPREAD OF FLU VIRUSES!



AVOID

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

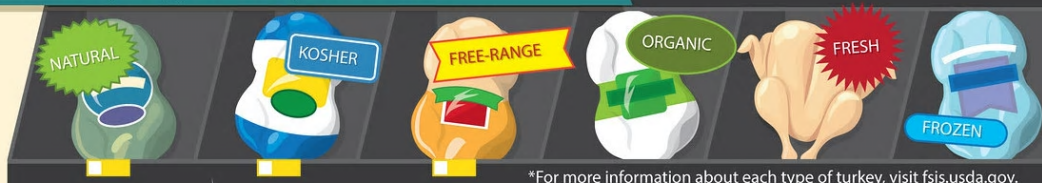
TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



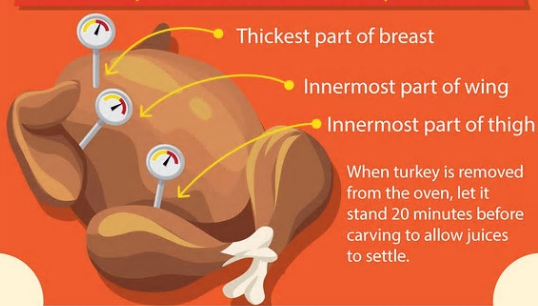
COOK



Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



Thickest part of breast

Innermost part of wing

Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.



Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit Pregunteleakaren.gov for questions in Spanish.

