

TLCHD Newsletter

December 2014

This December, let the holidays bring out the best in you—not get the best of you.

How to Stay Upbeat

The excitement and rushing around—and in some cases, frustration and disappointment—associated with the holiday season can often take an emotional toll on people who are not adequately prepared to keep things in balance. There are a number of things you can do to help keep your holidays “merry and bright.”

Go with the Flow

When life’s special moments don’t meet our idealized expectations, the result can often be disappointment and emotional distress. That’s why it is often better in such situations to take a more relaxed approach. Try to let go of expectations of how things should be. Adjust and be flexible, depending upon the situation. Who knows; you may be surprised—things might even turn out better than you expected!

Stay Positive

Remind yourself that you want to make the best of any situation that comes along. You can use positive affirmations, such as telling yourself: “This will be enjoyable,” or “I’m relaxed and having a good

time,” to get you through some of the rough patches. And while you want to be sympathetic to the problems or difficult moods of others, you don’t want to get caught up in them to the extent that they become your own personal weight to bear.

Exercise the Mind, Relax the Mind

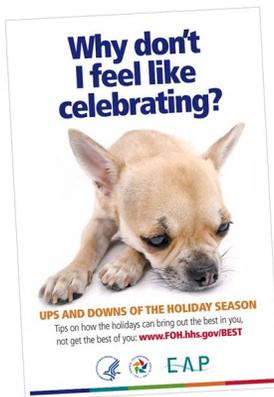
Whether you are a host or a visitor, making the extra effort to maintain the spirit of hospitality over an extended period of time can lead to mental and psychological fatigue. Go to the “Connect with Yourself” section of the click through to the right or the Spirit page for some ideas on relaxing and recharging.

While it is important to exercise your mind, it is just as important to help it relax. Take some time during the holidays to “unplug” from the computer, TV or other electronics and connect with the world around you. You can also use techniques such as meditation, or deep-breathing exercises, visit www.FOH.hhs.gov/BEST for more relaxation techniques.

U.S. Dept of Health and Human Services, Federal Occupational Health

“The holiday season is the perfect time to reflect on our blessings and seek out ways to make life better for those around us.”

- Terri Marshall



In This Issue

- Preventing Norovirus Outbreaks
- Staying Upbeat during the holidays
- Protecting yourself in cold temperatures
- Safe toy buying tips
- Training Opportunity



Preventing Norovirus Outbreaks

Norovirus often gets attention for outbreaks on cruise ships, but those account for only about 1% of all reported norovirus outbreaks. Norovirus is very contagious, and outbreaks can occur anywhere people gather or food is served. People with norovirus usually vomit and have diarrhea. Some may need to be hospitalized and can even die. Infected people can spread norovirus to others through close contact or by contaminating food and surfaces. Food service workers who have norovirus can contaminate food and make many people sick. In norovirus outbreaks for which investigators reported the source of contamination, 70% are caused by infected food workers.

The food service industry can help prevent norovirus outbreaks by:

- Making sure that food service workers practice proper hand washing and avoid touching ready-to-eat foods, such as raw fruits and vegetables, with their bare hands before serving them.
- Certifying kitchen managers and training food service workers in food safety practices.
- Requiring sick food workers to stay home, and considering use of paid sick leave and on-call staffing, to support compliance. Norovirus is the leading cause of disease outbreaks from contaminated food in the US. Infected food workers cause about 70% of reported norovirus outbreaks from contaminated food.

About 20 million people get sick from norovirus each year, most from close contact with infected people or by eating contaminated food.

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Infected food workers cause about 70% of reported norovirus outbreaks from contaminated food.

For additional information, please visit: <http://www.cdc.gov/ncird/>

IT'S NOT TOO LATE!

National Influenza Vaccination Week

Dec 7-13 2014

A yearly flu vaccine is recommended for everyone 6 months and older.

Vaccination is especially important for protecting those at high risk for serious flu complications, including:

- *young children*
- *pregnant women*
- *adults 65 years and older*
- *anyone with chronic health conditions like asthma, diabetes, and heart disease.*

Get your flu vaccine.

It's safe and your best protection against the flu.





Tips for safe snow removal

- Layer your clothing to keep your lower back warm.
- Stretch your muscles before heading out into snow.
- Try not to bend at the waist, rather do so through the hips.
- Do not bend the knees more than 90 degrees because this increases stress across the knee joint.



Protect Yourself in Icy Temperatures, Heavy Snow

Temperatures in some areas are dipping into the single digits, and that's when adequate clothing is key, said Dr. Robert Glatter, an emergency medicine physician at Lenox Hill Hospital in New York City.

"It's important to dress in layers and to keep your head, face and ears covered in the event of a blizzard," he said. "Exposed areas -- including your ears, nose as well as fingers -- are at high risk for frostbite after as little as 10 to 15 minutes in sub-freezing temperatures, and this risk is increased in the elderly."

And although dehydration is more often linked to very hot temperatures, Glatter said that it's important to stay hydrated in cold snaps, too. Water is best, he added. "Avoid alcohol and caffeine since these beverages can quickly lead to dehydration," Glatter said. "Energy drinks may be tempting, but the excess sugar and caffeine can place you at risk for dehydration."

Snow shoveling is an unfortunate side effect of winter for many, but shoveling carries its own hazards, said Dr. Robert Gotlin, director of orthopedic and sports rehabilitation at Mount Sinai Beth Israel Hospital in New York City.

Glatter added that people should also "take frequent breaks while shoveling snow as this activity can be dangerous in older persons who do not frequently exercise."

Extreme cold can also bring on frostbite to exposed areas of the body, Glatter warned. "If you develop persistent tingling or numbness or discoloration of your fingers or toes after exposure in cold temperatures, proceed to the closest emergency department," he said. Finally, cold temperatures outside may lead to the use of space heaters inside. But it's important to make sure that these devices operate safely.

"People who use indoor space heaters need to be aware of the risk of carbon monoxide poisoning if there is a malfunction in the equipment," Glatter said. "Carbon monoxide is odorless, colorless and tasteless -- check all heaters before winter arrives."

"Indoor heaters may also represent a fire hazard if electrical cords are frayed or if there are overloaded outlets," he added. "Make sure to check all connections and equipment before winter sets in."

SOURCES: Robert Glatter, M.D., emergency medicine physician, Lenox Hill Hospital, New York City; Robert Gotlin, D.O., director, orthopedic and sports rehabilitation, department of orthopedics, Mount Sinai Beth Israel Hospital, New York City.

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Help Keep Thousands of Children Out of the Emergency Room this Holiday Season by Purchasing Safe Toys and Gifts

Consumers Should Check Their List Twice to Make Sure They Are Purchasing Safe Toys and Gifts for Children



Holiday shopping is already in full swing with most stores and online retailers. And, the National Retail Federation forecasts sales in November and December to increase 4.1 percent from last year to \$616.9 billion. To help consumers, Prevent Blindness, the nation's oldest non-profit eye health and safety group, is providing tips to gift-givers to make sure all gifts are safe, especially those intended for children.

In 2012, the U.S. Consumer Product Safety Commission (CPSC) estimated that hospital emergency rooms across the country treated 265,000 toy-related injuries. And, 72 percent of those injuries were to children under the age of 15. In fact, approximately 89,500 were to those under 5 years of age. The most commonly injured part of the body is the head and face area, with the most common injuries being lacerations, contusions, or abrasions. The top three specifically identified toys that were associated with the most estimated injuries for all ages in 2012 were non-motorized scooters, toy balls and toy vehicles.

FLU SHOT CLINCS

In honor of National Flu Vaccination week, the Toledo-Lucas County Health Department is offering flu clinics to the public at 635 N. Erie Street, Toledo, OH 43604 from 4:00 P.M to 6:00 P.M. on the following dates:

Thursday, December 11th, 2014

Monday, December 15th, 2014

Wednesday, December 17th, 2014



Healthy Recipe

Crunchy Vegetable Dip

Ingredients:

1 package (8 ounces) cream cheese, softened

1 tablespoon mayonnaise

1 tablespoon lemon juice

1/2 teaspoon salt

1/8 teaspoon pepper

3/4 cup grated carrots

1/2 cup diced celery

1/2 cup diced green pepper

1/3 cup diced green onions

Crackers or bread



Directions:

In a bowl, beat cream cheese, mayonnaise, lemon juice, salt and pepper until smooth. Stir in vegetables. Cover and refrigerate for 2-3 hours. Serve with crackers or use as a sandwich spread. Yield: about 2 cups.

Nutritional Facts:

1 serving (2 tablespoons) equals 61 calories, 6 g fat (3 g saturated fat), 16 mg cholesterol, 126 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein.

Questions,
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