

SAFETY & WELLNESS UPDATE



OCTOBER 2020

Public Health Experts Warn of a Twindemic this Winter



The flu shot reduces your chances of getting the flu by

40-60%

The coronavirus isn't the only public health concern as we approach the winter months. Colder temperatures drive people indoors, which health experts warn leads to cases of influenza spreading more easily than during warmer summer months. This combination has public health experts fearing a potential "twindemic" in surges of COVID-19 cases and another deadly flu season.

With both COVID-19 and the flu in the fall, Centers for Disease Control and Prevention (CDC) Director Robert Redfield stated that either one of those by themselves could stress certain hospital systems. According to Redfield, "By getting that flu vaccine, you may be able to then negate the necessity to have to take up a hospital bed."

CDC Urges Public to Get Flu Shot

According to the CDC, flu season begins in October and peaks between December and February, typically leading to 140,000 to 180,000 hospitalizations per year. The past few flu seasons have led to historic hospitalizations and death rates, and last year's flu season involved two different strains of influenza spreading throughout the country.

Redfield stated that public adaption of flu shots may help ease the impact of a surge of cases in the fall. The CDC typically purchases doses of the flu shot for uninsured adults, and typically orders around 500,000. According to Redfield, the CDC has ordered an extra 10 million doses this year. Though less than 50% of Americans got a flu shot last year, Redfield is hoping for 65% to comply this flu season. The CDC normally recommends 60% to 70% of the public get a flu shot.

Redfield noted that, if there is one thing we all can do to prepare for the fall—besides wearing a mask, social distancing, hand-washing and being smart about gatherings—it would be to get the flu vaccine.



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RESOURCES:

WELLNESS ARCHIVE:
[LEXINGTONCENTER.ORG/WELLNESS](https://www.lexingtoncenter.org/wellness)

TELEMEDICINE PROVIDER:
[UNITED CONCIERGE MEDICINE](https://www.unitedconciergemedicine.com)

LEXINGTON MEDICAL PLAN AND CAFÉWELL LIFE POINTS PROGRAM:
[CDPHP](https://www.cdphp.org)

MANAGERS, PLEASE POST THIS INFORMATION AND SHARE IT WITH YOUR STAFF.

Turn and Position Sheet – Benefits and Instruction for Use

The Minimal Lift Committee and Clinical Department are continually looking for equipment to help safely transfer and reposition people we support. This helps keep staff safe by reducing manual lifting, transferring and repositioning. These practices also keep the people receiving services safe by reducing the hands-on support needed.

We would like to take this opportunity to review with everyone a turning and positioning system that is available. This review is to help promote the safe use of the equipment as well as remind everyone that this is available if you have someone you feel would benefit from this system.

What Is the Turning and Positioning System?

The turning and positioning system available to the people we support consists of a sheet that is designed to stay under a person in bed at all times to be utilized and always ready to assist with turning, repositioning and boosting the person up while in bed. This sheet can also be used for easy sling application and assisting people to the edge of the bed for transfers, etc.



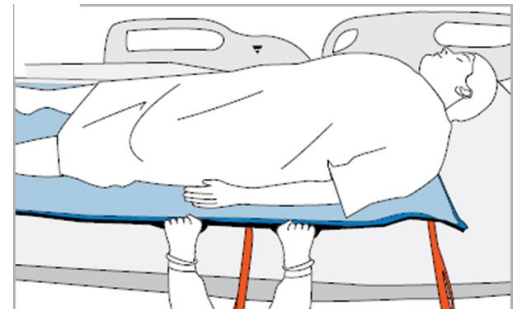
Criteria for Use

If you have someone who is unable to independently reposition themselves in bed or assist staff with a portion of the repositioning, they may be a candidate for this turn and reposition system.

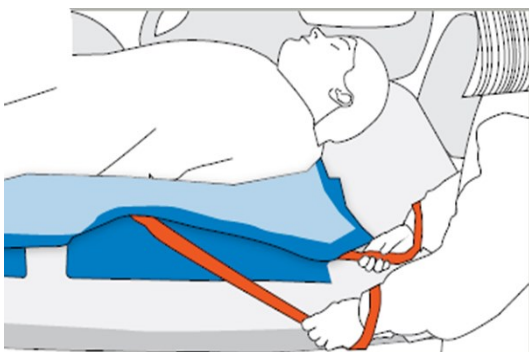
Instructions for Use

To Pull a Person Up in Bed:

With both hands, grasp black handles on Glide Sheet near individual's hips. Gently pull (don't lift) until individual is positioned at desired angle. Prevent individual's heels and head from dragging across bed during repositioning. Smooth out any wrinkles. Two staff should **always** be used, one on each side of the bed, when using a glide sheet.



Using Boost Straps:



Boost Straps may be also be used to assist in repositioning. Locate orange straps on Glide Sheet. Slide both hands through strap loops until they are wrapped around your wrists/forearms. Grasp the straight part of each orange strap and reposition individual as desired.

When turning an individual in bed to be assisted, hand the set of orange boost straps opposite of the direction you want the person to go to the staff on the opposite side of the bed. Use the orange boost straps to pull the sheet to help turn the person on their side. The staff facing the back of the person should help turn by guiding their backside.

If you feel someone you support would benefit from use of this equipment, please contact Elizabeth Thompson at (518) 762-8416 for assistance.

National School Bus Safety Week, October 19-23

Red Lights Mean STOP!

Each year, lives are tragically lost due to unsafe drivers' impatience, distractions and/or negligence.

“Held during the third full week of October each year, National School Bus Safety Week is an active and evolving public education program and an excellent way for parents, students, teachers, motorists, school bus operators, school administrators and other interested parties to join forces and address the importance of school bus safety. Designed to promote school bus safety, school districts throughout the country observe School Bus Safety Week.” (Source: <https://www.napt.org/nsbsw>)

Driving Safety / School Bus Safety:

If you see **flashing yellow lights**, that means the school bus is about to stop. If you're going the opposite direction, though, passing a school bus with flashing yellow lights is okay. If you see **flashing red lights**, that means the bus has stopped and is loading or unloading students.

... again, Red Lights Mean STOP! (DO NOT ATTEMPT TO DRIVE AROUND STOPPED BUS)

Safety Tips:

- ⇒ Warn children that if they drop something getting on and off the bus, they should never pick it up. Instead, they should tell the driver and follow the driver's instructions.
- ⇒ If you meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can be so excited to see you after school that they dash across the street and forget the safety rules.
- ⇒ Have children wait in a location where the driver can see them while driving down the street.
- ⇒ Stop and look left, right and then left again if you must cross the street. Do the same thing at driveways and alleys. Exaggerate your head turns and narrate your actions so your child knows you are looking left, right and left.
- ⇒ **Make sure children leave home on time so they can arrive at the bus stop before it is due**, ideally at least 5 minutes early. Running after or in front of a bus is dangerous!

BE SAFE AND HEALTHY!!!

DO YOU HAVE QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:

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