

SAFETY & WELLNESS UPDATE



SEPTEMBER 2018

September Is National Preparedness Month! Are You Ready?

At Lexington, we would like to encourage everyone to participate in a culture of preparedness. Each household, whether you live alone or with others, should be prepared in the event of power loss, financial hardship and a whole range of unexpected emergencies. “Emergencies” can last for a short period, or for a month, or longer.

Long-term Food and Water Storage

Depending on your needs, it is best to prepare for the unexpected and keep a fallback supply of food and water (consider water emergencies). It is best to start small and build your supply up to a month. Don’t forget to rotate your food supply, tracking expiration dates.

Basic 72-Hour Disaster Supplies Kit / “Grab and Go” Container

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

- ◆ Water — **one gallon of water per person per day for at least three days**, for drinking and sanitation
- ◆ Food — at least a **three-day supply** of non-perishable, high calorie-energy food
- ◆ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ◆ Flashlight and extra batteries
- ◆ First aid kit
- ◆ Whistle to signal for help
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Wrench or pliers to **turn off utilities**
- ◆ Manual can opener for food
- ◆ Local maps
- ◆ Cell phone with chargers and a backup battery
- ◆ Consider needs such as prescription drugs, childcare needs or items needed to assist persons with disabilities

Emergency Kit for the Car

Especially during the winter or colder months, always keep your fuel tank full or near full. In case you are stranded, keep an emergency supply kit in your car with the addition of these automobile extras:

- ✦ Jumper cables
- ✦ Flares or reflective triangle
- ✦ Ice scraper
- ✦ Cat litter or sand for better tire traction if stuck
- ✦ Car cell phone charger

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RESOURCES:

WELLNESS ARCHIVE:
[LEXINGTONCENTER.
ORG/WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)

TELEMEDICINE
PROVIDER:
[UNITED CONCIERGE
MEDICINE](http://UNITEDCONCIERGE
MEDICINE)

LEXINGTON
MEDICAL PLAN AND
CAFÉWELL LIFE
POINTS PROGRAM:
CDPHP

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

Influenza Facts

The leaves are beginning to change in Upstate New York. Soon enough, it will be time for leaf peeping followed by enjoying a warm cup of tea while cuddling up under a blanket reading a good book. Unfortunately, along with this comes flu season.

If you want to enjoy this fall season, let's talk flu prevention.

What Can You Do to Prevent the Flu?

The Centers for Disease Control (CDC) says the first people who should get a flu shot are health-care workers and people who live with high-risk individuals. Getting your flu shot could save someone's life! **LEXINGTON WILL BE HOLDING FREE EMPLOYEE FLU VACCINATION CLINICS THIS FALL. PLEASE WATCH FOR FURTHER DETAILS!!!**

- * Wash hands often and well
- * Know the symptoms of the flu and stay home if you are sick
- * Avoid close contact with people who are sick
- * Cover your mouth and nose when sneezing and coughing
- * Frequently clean areas others have touched
- * **Get your flu vaccine!**

The signs and symptoms of the flu do vary from the common cold.

What Are the Common Signs and Symptoms of Flu?

- * High fever (100 degrees or higher)
- * Chills
- * Body and muscle aches (can be severe)
- * Sudden onset of headache (can be severe)
- * Feeling tired and weak (can be severe)
- * Cough that may last 2 to 3 weeks
- * Chest discomfort

Let's dispel some myths.

Myth #1 – You can get the flu from the flu vaccine.

False – This is impossible. The flu vaccine is not made of the live virus. Vaccine manufacturers grow the flu virus eggs, then clean and chemically treat them so they are no longer active.

Myth #2 – The side effects of the vaccine are worse than the flu itself.

False – Most people who get the vaccine have no reaction. The most common side effect is a sore arm. Up to 25% may have some redness and swelling at the injection site.

Myth #3 – Only older people need the flu vaccine.

False – The CDC recommends that everyone 6 months and older should get vaccinated against the flu every year.

For more information about the flu, visit <https://www.cdc.gov/flu/index.htm>.



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

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