



IN THIS ISSUE:

- “Tis the Season”
- Flu Shot Facts
- Who Shouldn’t Get the Flu Shot?
- If You Get the Flu
- What’s New in the KING Online Resource Library

“TIS THE SEASON”

The flu kills up to 49,000 people a year. 200,000 are hospitalized, according to the CDC. This year’s annual flu shot will offer protection against the pandemic H1N1 flu (swine flu) virus, in addition to two other influenza viruses that are expected to be in circulation this fall and winter. The Centers for Disease Control and Prevention (CDC) now recommends that ***everyone 6 months of age or older be vaccinated annually against influenza.***



FLU SHOTS-FACTS

A flu shot will not make you sick - Side effects of the influenza vaccine are mild, usually slight irritation and soreness at the injection sight. The vaccine is not a live virus and will not make you ill.

It is best to take a flu vaccination every year - New flu vaccines are released every year to keep up with rapidly adapting flu viruses. Because flu viruses evolve so quickly, last year’s vaccine may not protect you from this year’s viruses. Antibody levels start to decline about six months after you receive the vaccine- another reason to get a flu shot every year.

Take your shot early in the season - The flu shot can take up to 3 to 6 weeks to reach optimal protective levels, so getting the shot in October, or November at the latest, is the smart way to go.

Taking a flu shot doesn’t make you immune from the flu – It will, however, protect you by lessening the effects and down time if you do get sick.

WHO SHOULDN’T GET THE FLU SHOT?

Don’t get a flu shot if you:

- Have had a bad reaction to the vaccine in the past.
- Are allergic to chicken eggs.
- Have a fever that day.

IF YOU GET THE FLU

Stay at home-If you come down with the flu, stay at home. Do not go to work, shopping, travel, social events, and public gatherings. You should stay away from work from the first onset of symptoms until twenty four hours after your fever is gone. You are most likely to spread the virus to co-workers and residents alike during this time.

Get plenty of rest-Stay hydrated and get plenty of bed rest. Take over the counter medications to ease the aches and pains and lower your fever.

Drink plenty of fluids and keep proper nutrition-Even though you may not feel like it at the time, be sure to keep your body strong by eating well. Small, healthy meals eaten throughout the day will help you keep up your strength and fight the virus.

WHAT'S NEW IN THE KING ONLINE RESOURCE LIBRARY?

As a result of OSHA's recent National Emphasis Program targeting Long Term Resident Care facilities and recent changes in standards, the following updates can be found:

Bloodborne Pathogens

- **Bloodborne Pathogens Exposure Control Plan:** The exposure plan is an addition to the traditional written policy and procedure and is a mandatory piece of your BBP program. The Exposure Control Plan defines in great detail the specifics of your exposure control procedures and defines specific employee responsibilities.
- **Preventing Needlesticks and Sharps Exposures:** Power Point presentation suitable for traditional in-services and for import into your computer based learning programs.



Hazardous Communication

- **Understanding the Safety Data Sheet (SDS):** OSHA has recently redesigned the traditional Material Data Sheet (MSDS) with a standardized format that is being adopted worldwide. We are mandated to present this information and train all employees on how to interpret the new format by the fall of 2013. This Power Point presentation is suitable for traditional in-services and for import into your computer based learning programs.

Workplace Environment

- **Preventing Violence in the Workplace:** One of the focuses OSHA will address if they audit your workplace will be violence in the workplace. This Power Point presentation defines the four categories of violence, components of an effective workplace violence prevention program, handling violent situations, and introduces ways to prevent violence in the workplace. This presentation is suitable for traditional in-services and for import into your computer based learning programs.

Winter Slips, Trips, and Falls

Although early in the season, winter will be soon upon us. The library has a number of tools to assist with the prevention of slips, trips, and falls during the season:

- Employer's Guide to Winter Slips, Trips, and Falls
- Preventing Winter Slips, Trips and Falls, and
- Ice and Snow Management Log

Editor's Note:

The KING Safety Matters newsletter is published monthly to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

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