

SC-HCQU View



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How to Protect Yourself and Others from Electrical Hazards Following a Natural Disaster

After a hurricane, flood or other natural disaster you need to be careful to avoid electrical hazards both in your home and elsewhere.

- ✓ Never touch a fallen power line. Call the power company to report fallen power lines.
- ✓ Avoid contact with overhead power lines during cleanup and other activities.
- ✓ Do not drive through standing water if downed power lines are in the water.
- ✓ If a power line falls across your car while you are driving, stay inside the vehicle and continue to drive away from the line. If the engine stalls, do not turn off the ignition. Warn People not to touch the car or the line. Call or ask someone to call the local utility company and emergency services. Do not allow anyone other than emergency personnel to approach your vehicle.
- ✓ If electrical circuits and electrical equipment have gotten wet or are in or near water, turn off the power at the main breaker or fuse on the service panel. If you must enter standing water to access the main power switch, then call an electrician to turn it off.
- ✓ Never turn power on or off yourself or use an electric tool or appliance while standing in water. Do not turn the power back on until electrical equipment has been inspected by a qualified electrician. All electrical equipment and appliances must be completely dry before returning them to service. Have a certified electrician check these items if there is any question.
- ✓ If you see frayed wiring or sparks when you restore power, or if there is an odor of something burning but no visible fire, you should immediately shut off the electrical system at the main circuit breaker.
- ✓ Consult your utility company about using electrical equipment, including power generators. Do not connect generators to your home's electrical circuits without the approved, automatic-interrupt devices. If a generator is on line when electrical service is restored, it can become a major fire hazard and it may endanger line workers helping to restore power in you area.

If you believe someone has been electrocuted take the following steps:

- ✓ Look first. Don't touch. The person may still be in contact with the electrical source. Touching the person may pass the current through you.
- ✓ Call or have someone else call 911 or emergency medical help.
- ✓ Turn off the source of electricity if possible. If not, move the source away from you and the affected person using a non-conducting object made of cardboard, plastic or wood.
- ✓ Once the person is free of the source of electricity, check the person's breathing and pulse. If either has stopped or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.
- ✓ If the person is faint or pale or shows other signs of shock, lay him/her down with the head slightly lower than the trunk of the body and the legs elevated.
- ✓ Don't touch burns, break blister, or remove burned clothing. Electrical shock may cause burns inside the body, so be sure the person is taken to a doctor.

For more information, visit www.bt.cdc.gov/disasters/hurricanes,
or call CDC at 800-CDC-INFO (English and Spanish) or 888-232-6348 (TTY).

Department of Health and Human Services, Centers for Disease Control and Prevention

The information presented here is to increase your awareness of medical conditions and situations. It is not intended to replace medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

September

National Health Awareness Month

Baby Safety Month
achezem@ahint.com
www.jpma.org

Gynecologic Cancer Awareness Month
info@thegcf.org
www.thegcf.org

Leukemia & Lymphoma Awareness Month
infocenter@leukemia-lymphoma.org
www.lls.org

National Food Safety Education Month
Bsirt@foodtrain.org
www.nraef.org/index.asp

Ovarian Cancer Awareness Month
nocc@ovarian.org
www.ovarian.org

Prostate Cancer Awareness Month
info@pcacoalition.org
www.pcacoalition.org

National Alcohol & Drug Addiction Recovery Month
recoverymonthinfo@health.org
www.recoverymonth.gov

National Menopause Awareness Month
www.fda.gov/womens/menopause

Home and Sports Eye Safety Month
info@preventblindness.org
www.preventblindness.org

Healthy Aging Month
info@healthyaging.net
www.healthyaging.net

National Cholesterol Education Month
nhlbiinfo@rover.nhlbi.nih.gov
www.nhlbi.nih.gov

National Sickle Cell Month
scdaa@sicklecelldisease.org
www.SickleCellDisease.org

National Pediculosis Prevention Month/ Head Lice Prevention Month
npa@headlice.org
www.headlice.org

National 5 A Day Month
www.5aday.gov

National Osteopathic Medicine Month
info@osteopathic.org
www.osteopathic.org

Reye's Syndrome Awareness Month & Week (18-24)
nrdf@reyessyndrome.org
www.reyessyndrome.org



Suicide Prevention Week (4-10)
info@suicidology.org
www.suicidology.org

National Adult Immunization Awareness Week (25-1)
ncai@nfid.org
www.nfid.org/ncai

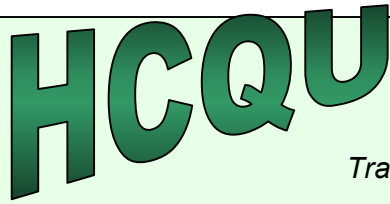
National Rehabilitation Week (18-24)
jbrogn@allied-services.org
www.nraf-rehabnet.org

Family Health and Fitness Day USA (24)
info@fitnessday.com
www.fitnessday.com

Aspirin Precautions

September is Reye's Syndrome Awareness Month, and is important to recall the association between the development of the syndrome and the use of aspirin. Researchers recommend that aspirin not be given to children under the age of 19 years during any fever-causing illness. Always check with your doctor or pharmacist if a medication contains aspirin. Labels may use a generic term for aspirin which could include: acetylsalicylate, acetylsalicylic acid, salicylic acid, or salicylate, instead of the word aspirin. Aspirin can be found in liquid, tablet, and topical (apply to skin) form. Aspirin can be found in over-the-counter medications for sinus headaches, arthritis, colds, indigestion, diarrhea, acne, dandruff, muscular aches, and even warts. Always check your label. When in doubt, ask your doctor or pharmacist.

For a more detailed listing of medications containing aspirin go to www.reyessyndrome.org/aspirin



South Central HCQU Regional Trainings

Trainings are free, but registration is required.

- **Communicating With Those Who Are Non-Verbal** – September 8, 10:00am-12:00noon @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: September 1**
- **De-Stress The Discharge & Communicating With Healthcare Professionals** – September 8, 9:00am-12:00 noon @ Hershey Public Library, 701 Cocoa Avenue, Hershey – **Registration Deadline: September 1**
- **Grief and Coping with Death and Dying** – September 13, 10:30am-12:30pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: September 6**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – September 15, 9:00am-3:30pm @ Franklin County Administration Annex Building, 218 N. Second Street, Chambersburg – **Registration Deadline: September 1**
- **Preventing Med Errors & Reporting and Documentation** – September 20, 2:00pm-4:00pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: September 13**
- **Observation Skills** – October 6, 10:00am-12:00 noon @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: September 29**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – October 6, 10:00am-12:00 noon @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: September 22**
- **Changing Needs With Aging** – October 18, 2:00pm-4:00pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: October 11**
- **Getting The Most Out of a Psychiatrist** with Jim Siberski – October 24, 9:30am-3:00pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd. Manheim – **Registration Deadline: October 10**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – October 27, 9:00am-3:30pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: October 13**

Unfortunately, we are unable to accommodate registrations after the deadline.

For more information call Cherie Adkins at 717-909-3858 and leave a message re: registration, questions, etc. Listen to prompts on this phone line regarding trainings that are full, as well as cancellations due to weather.

Other Training Opportunities

- **Advocacy 101** – Part of the ARC of PA “Parent-to-Parent” trainings – October 22, 11:00am-3:00pm @ East Stroudsburg University – University Center
- **Advocacy 101** – Part of The ARC of PA “Parent-to-Parent” trainings – November 18, 10:00am-2:00pm @ Chambersburg Mall

For more information or to register for the above ARC classes contact

Pam Klipa at the ARC of PA
1 (800) 692-7258 or e-mail pklipa@thearcpa.org

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**There are also training opportunities through
Riverside Professional Development**

3525 North 6th Street ~ Harrisburg, PA 17110 ~ Phone (717) 238-3660 ~ Fax (717) 238-5886

"SC-HCQU View" Newsletter Survey

The *SC-HCQU View* has been in publication for almost a year now and we would like to know what our readers think of the newsletter. Please take time to answer the questions on the following page and fax back to:

South Central HCQU at 717-909-3852
Attn: Melissa

1. What type of newsletter do you receive?
 Electronic (e-mail) copy
 Paper copy
2. How do you receive the newsletter?
 It is mailed directly to me.
 It is posted at my place of employment.
 It is given to me by my supervisor/director.
 I pick up a copy at HCQU trainings.
 Other _____
3. Do you read the newsletter?
 Yes, all of it.
 Yes, a few of the articles.
 Yes, just the front page.
 No, I don't have the time to read it.
 No, not interested in reading/receiving it.
4. What is your favorite part?
 Regional Training list
 Who's Who in the View
 Medications In The News
 Bulletin Board Thought for the Day
 National Health Awareness Month
 HCQU Food Review
 Articles on various topics
 All of it
 Other _____

5. Are there any health topics you would like to see covered in the *View*?
6. Currently we publish the newsletter on a monthly basis. How often would you like the newsletter to be published?
 Monthly (as it is now)
 Bi-monthly (every other month)
 Quarterly (four times a year)
 Not at all, I don't have time to read it/it is a waste of time.
7. The newsletter is usually 6 to 8 pages in length. Do you feel this is:
 OK length
 Too long, at the most it should be 6 pages
 Too long, at the most it should only be 4 pages
 Too long, 2 pages is enough for me
 A one page letter is all I have time to read

Comments:

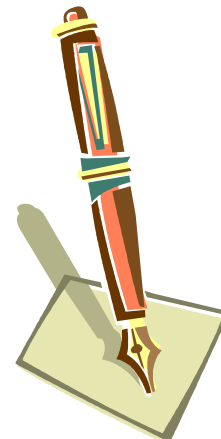
Some Helpful Hints for Receiving the Newsletter Via E-mail

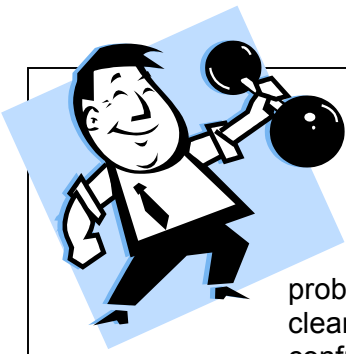
1. Be sure you **PRINT CLEARLY** when listing your e-mail address on the sign-in sheets. We are not clairvoyant, and one little mistake in the address means you will not receive the newsletter, i.e. hemmingway1@nbn.net as compared to hemmingwayl@nbn.net. – is it a "one" or an "L"?

2. Be sure to **empty your mailbox often**. We often receive "failure to deliver -mailbox is full" notices. The newsletter is a large mailing and there needs to be space to receive it in your mailbox.

3. When opening the attachment be sure you **"open" it** and not just "view" it. View may cause some of the elements of the newsletter to be misplaced or not show up at all.

4. When opening the attachment be sure to give the computer enough time to open the document. Since it is a large document, it may take the computer a full minute or two to bring the document up on your screen.

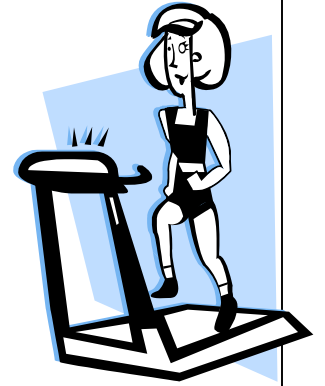




Health at Every Step

~ Star Long, RN

Americans are very aware of a pervasive obesity problem, not only in adults, but with children and teens. As clear as the problem may seem, there continues to be confusion as to what to do about it. The answer is not simple, though, the strategy may indicate it is: Exercise regularly, eat a healthy diet, get plenty of rest, and think happy thoughts. Simple? Not!



If you've read other healthy lifestyle articles in the *HCQU View*, you have seen a consistent effort to reinforce the simple. "Simple" meaning:

- It's never too late... start now.
- Plan small steps...a little goes a long way.
- Enlist support from encouragers....you could be your worst enemy.
- Celebrate your successes....just keep going

Medscape.com posted an article on 7/12/2005 by Jon Robison, PhD, MS entitled "*Health at Every Size: Toward a New Paradigm of Weight and Health.*" Dr. Robison offers an alternative plan to promote weight loss. This new concept offers a holistic approach by taking into consideration the uniqueness of each individual's size and shape, identifying problems surrounding diet decisions based on weight loss alone, and acknowledging the socio-emotional-spiritual-physical health factors that influence people. This approach focuses on developing a healthier lifestyle resulting in health at every size. Dr. Robison's approach to developing a healthier lifestyle is not new, though the emphasis on lifestyle before weight loss may be. Most of us want to lose weight, so we adopt some healthy changes—for a time.

Everyone can benefit from healthy lifestyle changes, even if weight management is not a primary concern. Diabetes, cardiovascular disease, osteoporosis, depression, and on and on, are partly the response to our affluent society. Americans have a lot, but we're losing one our most valuable commodities—our health. We're growing soft and complacent in our ease, resulting in a sicker society, despite the best healthcare ever. Whether you're working, playing, planning, or doing nothing, try taking a small step towards thinking about your health:

- Start today
- Consider one healthy change and purposefully do it for at least 18 days – after that, it becomes a habit.
- Celebrate your success by making another healthy change, and do them both for 18 days – another habit started.
- Celebrate, – another healthy change made!
- Don't stop now – keep going!

Before you realize it, you will have made considerable gains in better health with some consistent small steps. Sound simple? Keep it that way!

For more information on "Health at Every Size" (HAES), go to www.medscape.com or for complete article, by Dr. JI Robison: *Alternative Health Practitioner*. 1999:5:1-25.

"It is the greatest of all mistakes to do nothing because you can only do little – do what you can."

~ Sydney Smith

Bulletin Board

Take note!

To receive our newsletters just send your e-mail address to mmerdman@geisinger.edu

You will be placed on our e-mail list and automatically receive *The HCQU View* each month.

Health Fair 2006

Keep your eyes open for more information about our upcoming

Health Fair

in the spring of 2006.

This year we will be in the Franklin/Fulton County area

Remember –

We can do no great things, only small things with great love
-- Mother Teresa

Recommended Adult Immunization Schedule

United States
October 2004-September 2005

For all persons in this group

For persons lacking documentation of vaccination or evidence of disease

For persons at risk (i.e., with medical/exposure indications)

Age >	19-49 Years	50-64 Years	≥ 65 Years
V Vaccine			
Tetanus, Diphtheria (Td)*	1 dose booster every 10 years		
Influenza**	1 dose annually	1 dose annually	
Pneumococcal (polysaccharide)	1 dose		1 dose
Hepatitis B*	3 doses (0, 1-2, 4-6 months)		
Hepatitis A*	2 doses (0, 6-12 months)		
Measles, Mumps, Rubella (MMR)*	1 or 2 doses		
Varicella*	2 doses (0, 4-8 weeks)		
Meningococcal (polysaccharide)	1 dose		

* Covered by the Vaccine Injury Compensation Program.

** The schedule for influenza vaccine was modified per ACIP recommendations of 12/17/04.

Information on how to file a Vaccine Injury Compensation Program claim is available at www.hrsa.gov/osp/vicp or by telephone, **800-338-2382**. To file a claim for vaccine injury, telephone 202-219-9657.

This schedule indicates the recommended age groups for routine administration of currently licensed vaccines for persons aged ≥ 19 years. Licensed combination vaccines

APPROVED BY THE ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES (ACIP) AND ACCEPTED BY THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS (ACOG) AND THE AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

may be used whenever any components of the combination are indicated and when the vaccine's other components are not contraindicated. Providers should consult manufacturer's package inserts for detailed recommendations.

Report all clinically significant post vaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available by telephone, 800-822-7967, or from the VAERS website at www.vaers.org.

Additional information about the vaccines listed above and contraindications for immunization is available at www.cdc.gov/nip or **800-CDC-INFO** [800-232-4636] (English and Spanish).

Department of Health and Human Services
Centers for Disease Control and Prevention

For additional information call: 800-CDC-INFO [800-232-4636] English & Español