



"Safety Comes First"

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Holiday Safety

*Holiday
Safety*

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The holidays are a time when families gather, parties are scheduled, and travel spikes. The holidays can also present seasonal safety hazards. Use the following tips to keep you and your loved ones safe this holiday:

Decorating

- Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights.
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them.
- Keep poinsettias, mistletoe, and holly away from pets.

Electrical Safety

- Avoid electrical fires by purchasing lights from reputable retailers and only those approved by nationally recognized testing labs like UL, Intertek, or CSA.
- Inspect both indoor and outdoor lights for broken sockets, frayed wires, and loose connections.
- Don't overload outlets with too many electrical devices.

Fire Prevention

- Place candles where they cannot be knocked down and out of reach of children.
- Use flameless, candles near flammable objects.
- Always use a screen on the fireplace when a fire is burning.
- If using a live tree, make sure it has plenty of water and is at least 3 feet away from heat sources.

Travel Safety

- Prepare your car for winter, and keep an emergency kit with you.
- Leave early to avoid traffic.
- Designate a sober driver or download a ride-hailing app from your phone ahead of time if you plan to drink at holiday gatherings.

Source: Safety BLR

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Frequently Asked Influenza Questions



“Annual flu vaccination is recommended for everyone 6 months and older...”

What’s New for 2022-2023

- A few things are different for the 2022-2023 influenza (flu) season, including:
- The composition of flu vaccines has been updated.
- For the 2022-2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. These are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine and Flud Quadrivalent adjuvanted flu vaccine.
- The recommended timing of vaccination is similar to last season. For most people who need only one dose for the season, September and October are generally good times to get vaccinated. Vaccination in July and August is not recommended for most adults but can be considered for some groups. While ideally it’s recommended to get vaccinated by the end of October, it’s important to know that vaccination after October can still provide protection during the peak of flu season.
- The age indication for the cell culture-based inactivated flu vaccine, Flucelvax Quadrivalent (ccIV4), changed from 2 years and older to 6 months and older.
- Pre-filled Afluria Quadrivalent flu shots for children are not expected to be available this season. However, children can receive this vaccine from a multidose vial at the recommended dose.

Flu Vaccine

What is CDC’s recommendation for getting a flu vaccine for the 2022-2023 flu season?

Annual flu vaccination is recommended for everyone 6 months and older, with few exceptions as has been the case since 2010. New this season, however, is a preferential recommendation for the use of higher dose and adjuvanted flu vaccines in people 65 and older over standard dose, unadjuvanted flu vaccines.

What viruses will the 2022-2023 flu vaccines protect against?

There are many different flu viruses, and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed. The recommendations for the 2022-2023 season include two updates compared with the recommended composition of last season’s U.S. flu vaccines. Both the influenza A (H3N2) and the influenza B (Victoria lineage) vaccine virus components were updated.

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Influenza Questions, Cont.

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The recommendations for egg-based and cell-based and recombinant flu vaccines are listed below:

Egg-based vaccine composition recommendations:

- an A/Victoria/2570/2019 (H1N1) pdm09-like virus;
- an A/Darwin/9/2021 (H3N2)-like virus (updated);
- aB/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage)
- Cell- or recombinant-based vaccine composition recommendations:
- an A/Wisconsin/588/2019 (H1N1) pdm09-like virus;
- an A/Darwin/6/2021 (H3N2)-like virus (updated);
- a B/Austria/1359417/2021-like virus (B/Victoria lineage) (updated);
- a B/Phuket/3073/2013-like virus (B/Yamagata lineage).

This recommendation is the same as the Southern Hemisphere flu vaccine recommendation.

How much flu vaccine is expected to be available during the 2022-2023 flu season?

Flu vaccine is produced by private manufacturers, so supply depends on manufacturers. Vaccine manufacturers have projected that they will supply the United States with as many as 173.5 million to 183.5 million doses of influenza vaccines for the 2022-2023 season. These projections may change as the season progresses. All flu vaccines for the 2022-2023 season will be quadrivalent (four component). Most will be thimerosal-free or thimerosal-reduced vaccine (93%), and about 20% of flu vaccines will be egg-free.

Are any of the available flu vaccines recommended over others?

Yes, for some people. For the 2022-2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. These are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine and Flud

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“...there are three flu vaccines that are preferentially recommended for people 65 years and older.”

Influenza Questions, Cont.



Educational outreach activities (are provided) by (the) CDC."

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Quadrivalent adjuvanted flu vaccine. There is not a preferential recommendation for one of these three higher dose or adjuvanted flu vaccines over the others.

On June 22, 2022, CDC's Advisory Committee on Immunization Practices (ACIP) voted unanimously to preferentially recommend these vaccines over standard-dose unadjuvanted flu vaccines. This recommendation was based on a review of available studies which suggests that, in this age group, these vaccines are potentially more effective than standard dose unadjuvanted flu vaccines. There is no preferential recommendation for people younger than 65 years.

What if a preferentially recommended flu vaccine is not available?

If one of the three preferentially recommended flu vaccines for people 65 and older is not available at the time of administration, people in this age group should get a standard-dose flu vaccine instead.

What if a preferentially recommended flu vaccine is not available?

CDC has annual educational campaigns to increase awareness about the importance of seasonal flu vaccination. For the 2022-2023 season, CDC will continue to emphasize the importance of flu vaccination beginning in September and for the entire flu season. The agency will conduct targeted communication outreach to specific groups of people who are at higher risk for developing serious complications from flu. Communication strategies for providers and the public will include:

Educational outreach activities by CDC, including social media, press conferences, web page spotlights, radio media tours, op-eds, and other publications.

Special educational efforts and a digital campaign to inform the general population, people with underlying health conditions, children, pregnant people, and African American and Hispanic audiences about the importance of flu vaccination.

In addition, as part of its new Partnering for Vaccine Equity program, CDC has provided more than \$150 million in funding to support national, state, local, and community-level partners working to increase confidence in COVID-19 and flu vaccines among adults in racial and ethnic minority groups.

I don't have a primary care provider. Where can I get a flu vaccine?

If you don't have a health care provider you regularly see, you can find flu vaccines at many places, including health departments and pharmacies.

When is the best time to get my influenza vaccine?

It's best to be vaccinated before flu begins spreading in your community. September and October are generally good times to be vaccinated against flu. Ideally, everyone

Influenza Questions, Cont.

(Continued from page 4)

should be vaccinated by the end of October. However, even if you are not able to get vaccinated until November or later, vaccination is still recommended because flu most commonly peaks in February and significant activity can continue into May.

Additional considerations concerning the timing of vaccination for certain groups include:

Adults, especially those 65 years and older, should generally not get vaccinated early (in July or August) because protection may decrease over time, but early vaccination can be considered for any person who is unable to return at a later time to be vaccinated.

Some children need two doses of flu vaccine. For those children it is recommended to get the first dose as soon as vaccine is available, because the second dose needs to be given at least four weeks after the first. Vaccination during July and August also can be considered for children who need only one dose. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated).

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year.

What vaccine uptake estimates will CDC provide this season?

CDC's Weekly Flu Vaccination Dashboard will again provide preliminary, within-season, weekly influenza vaccination data which will be updated during the season as more data become available. The first posting of vaccine coverage data for the season is expected in early October. Visit the National Flu Vaccination Dashboard for more information.

How is CDC tracking the number of flu vaccines administered at pharmacies and doctor's offices?

CDC tracks the number of flu vaccines administered at pharmacies and doctor's offices by utilizing new sources of vaccination data, including IQVIA data for vaccinations administered in retail pharmacies (e.g., pharmacy chains, mass merchandise, food stores, and independent pharmacies) and doctors' offices. Visit CDC's Weekly Flu Vaccination Dashboard for more information.

"Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year."

CDC

Frostbite: Be aware!



“You are more likely to get frostbite when conditions are windy as well as cold.”

Working in cold conditions exposes you to the risk of frostbite. Frostbite can be very serious, but it is easily preventable if you take some simple precautions. Frostbite happens when your skin freezes from exposure to severe cold or contact with very cold objects, damaging cells and blood vessels. The freezing point for skin is about 30 degrees Fahrenheit (°F). Usually, frostbite affects the fingers, toes, cheeks, nose, and ears. In severe cases, frostbite causes tissue death, which can require amputation or lead to a loss of function in that body part.

When does frostbite occur?

You are more likely to get frostbite when conditions are windy as well as cold. The “wind chill” is a number that represents the combined effects of temperature and wind. If you experience frostbite, first, the affected body part will feel cold and numb. Then, you might feel a tingling, stinging, or aching sensation. At first, your skin will be waxy and will look almost white. In severe cases, these symptoms will be followed by heat, redness, swelling, blistering, and a color change in your skin to red and then to black.

What can you do?

DO warm the frostbitten body parts gradually with body heat.

DON’T heat the skin suddenly using extremely hot water, a fireplace, or other high-heat sources.

DON’T rub the frostbitten area. This can cause more damage.

DO use warm (not hot) water between 102°F and 110°F to warm the frostbitten body part.

DO apply a sterile dressing to blisters.

DON’T thaw severely frostbitten skin if there is a risk of refreezing.

DO get medical attention for severe cases of frostbite.

Prevent frostbite with the following precautions:

- In cold conditions, especially if it is also windy, cover as much of your skin as possible. Make sure to protect your ears, face, hands, and feet.
- Wear waterproof, insulated boots and warm socks.
- If you can, wear mittens rather than gloves because they keep your hands warmer. If you must wear gloves, make sure they are insulated and waterproof.
- Dress in several layers of loose, warm clothing. Wear synthetic materials that wick moisture away from your skin, and make sure your clothing is not cutting off circulation to any of your body parts.
- If your clothing becomes wet, remove it and change into dry clothing as soon as possible.

Avoid touching cold metal surfaces with bare skin.

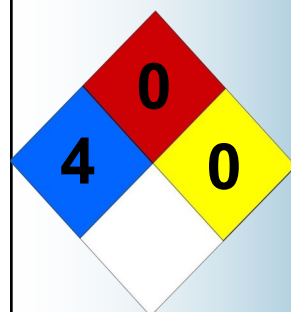
Source: Safety BLR

Chemical Spotlight: Dicrotophos

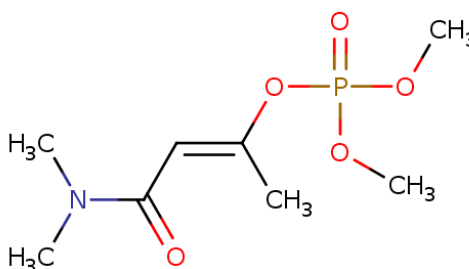
Dicrotophos is a brown liquid with a pleasant odor. It is an organophosphate insecticide. Store dicrotophos in tightly closed containers in a cool, well-ventilated area away from heat. Dicrotophos is not compatible with strong oxidizers, strong acids, metals, and strong bases.

If dicrotophos is spilled or leaked, avoid breathing vapors, mist, or gas, and ensure adequate ventilation. Remove all sources of ignition, and evacuate personnel to safe areas. Use personal protective equipment (PPE), including goggles or safety glasses, gloves, flame-retardant protective clothing, and respiratory protection.

Prevent further leakage or spillage if safe to do so, and do not let the product enter drains, sewers, underground or confined spaces, groundwater, or waterways or discharge into the environment. Absorb liquids in sand or other noncombustible absorbent material, and deposit in sealed containers. Ventilate and wash the area after cleanup is complete. It may be necessary to contain and dispose of dicrotophos as a hazardous waste. Contact the federal and local Environmental Protection Agency (EPA) for specific recommendations.



“Dicrotophos is not compatible with strong oxidizers, strong acids, metals, and strong bases.”

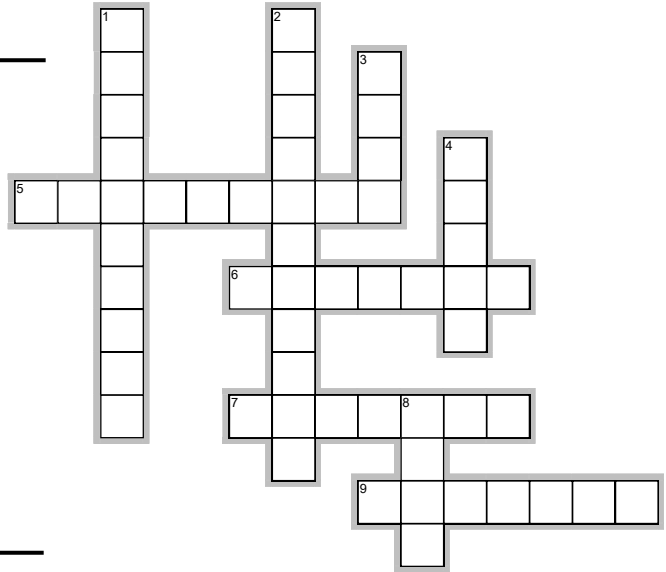


Fun Page

F U N P A G E

Across

5. Dicrotophos is not compatible with strong _____, strong acids, metals, and strong bases.
6. Use flameless, _____ near flammable objects.
7. When traveling, Leave early to avoid _____.
9. Don't overload _____ with too many electrical devices.



Down

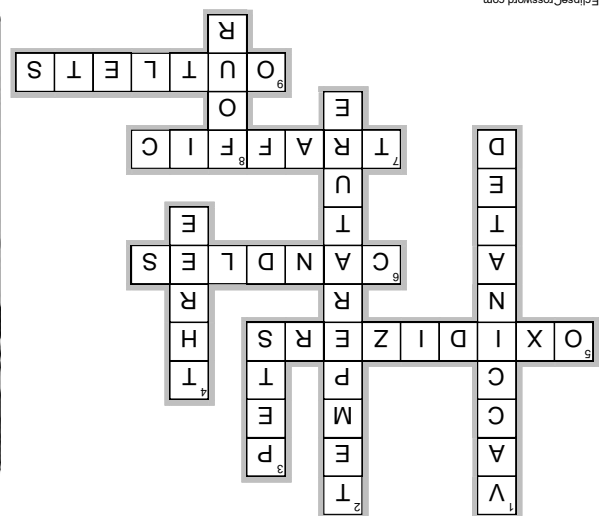
1. September and October are _____ generally good times to get _____ (for the flu).
2. The "wind chill" is a number that represents the combined effects of _____ and wind.
3. Keep poinsettias, mistletoe, and holly away from _____.
4. There are _____ flu vaccines that are preferentially recommended for people 65 years and older.
8. Some children need two doses of flu vaccine. The second dose needs to be given at least _____ weeks after the first.

Funny Corner



"Oh boy, I hope we don't get frostbite!"

Puzzle Answers



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Safety Quotes

*Hearing
protec-
tion is a
sound
invest-
ment. .*

*~Author
Unknown*

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