

The Year of
Safety

"Safety is
Everyone's
Responsibility"

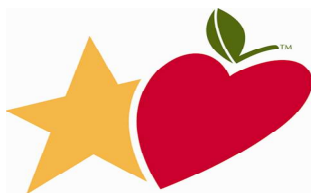
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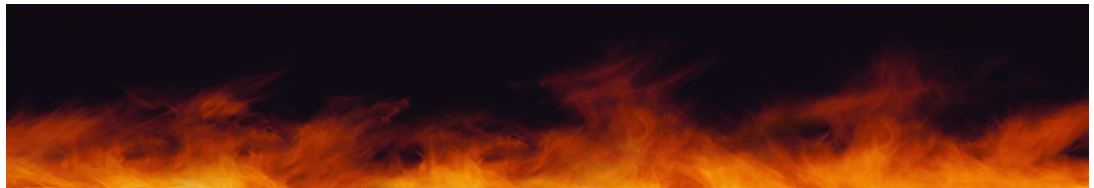
Dates to Remember
March
8th—Daylight Savings Starts
17th—St Patrick's Day
www.safekids.org for recall information



EARLY LEARNING
COALITION
OF SOUTHWEST FLORIDA

"Nurturing the young children
of Southwest Florida and
those who care for them".

Injury Prevention



Fire & Electrical Safety

Another year has come and gone. What resolutions did you make for 2009? Perhaps making 'Safety First' the #1 goal. You can start by reviewing your facilities disaster plans. If you have one, take it out, update phone numbers and essential personnel's information. If you do not have one, resources are available at the Early Learning Coalition website www.elcswfl.com. Fire drills are mandated for all facilities and are to be posted for review.

SAFETY FACTS:

Smoke inhalation, severe burns, and death from fires are devastating events, most of which are preventable. Smoke alarms are required to be installed and maintained by each facility. The batteries (even back ups) are to be replaced at least once a year. Alarms that have flashing lights should be installed for those centers where children who are hard of hearing or deaf attend. Keep replacement batteries handy at your facility for immediate use when low battery alarm activates. Test all your smoke alarms at least once a month.

Children and adults should be taught to *STOP, DROP and ROLL* to smother the flames if they are on fire. Using cool running water as an immediate treatment for burns, followed by medical treatment by a professional as needed. Practice this maneuver when you run your fire drills. http://www.ehow.com/video_4427614_basics-stop-drop-roll-fires.html.

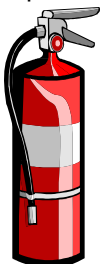
Adults should learn the proper use of fire extinguishers. Contact your local fire department for one to one training for your staff on what types of extinguishers you should have at your facility and how to use each of them. <http://www.monkeysee.com/play/2820-fire-safety-how-to-operate-a-fire-extinguisher>.

Reducing the chances of electrical shock accidents is the responsibility of the employer. Instituting a work area inspection check list is recommended. This should include ; burning odors, loose connections, warm switches or receptacles, warm extension cords, flickering lights, frayed, cracked or broken wires. NEVER ignore electrical problems.

There are several websites for you to obtain information to assist you in getting the children involved with fire safety. 1. <http://www.usfa.dhs.gov/downloads/usfaparents/brochure.pdf> , 2. http://www.homesafetycouncil.org/programs/r_knowthedrill_w001.aspx

Calling your local fire department for a demonstration is always a big hit with the kids . Consider partnering with other providers in your area to meet at a local park as a field trip event.

Some information for this article is from : <http://aappolicy.aappublications.org/cgi/content/full/pediatrics:105/6/1355>



This news letter is available on line in Spanish and English at <http://www.elcswfl.healthhotspots.html>

Common Colds...how do we get them?

“ He has a cold, that’s all”. You hear it all the time, more often at this time of year. The question is ‘how did he get it ?

We spread the virus from person to person through several avenues. One way is breathing in germs that come from other people. Mucus that is inside our nose and lungs, come out quickly when someone coughs or sneezes. Did you know your body can produce a sneeze at over 100 miles and hour? That is faster than any car I ever drove. You can not out run either one, so don't try. Covering your mouth can slow the distance that the virus travels, and decreasing the spread of germs.

We can also catch a cold through touching something that has the virus on it, transferring it to your nose or mouth. Grocery store carts, door knobs, water faucets, and other items someone would touch after sneezing, coughing or blowing their nose,

Once the virus enters your nose, it attaches itself to the lining and starts to take over the good cells that are there, making more viruses. White blood cells come to the rescue and try to kill the viruses. This action causes the “symptoms” of the common cold. The runny noses and sneezing actually help prevent viruses from invading other parts of your body. Your sneeze is created by an irritation in the back of the nose and gets your lungs to push a blast of air out.

If you have been exposed to a cold virus, it can take 2-3 days for the cold ‘symptoms’ to start. Here are some common signs; low grade fever (100—101 degrees Fahrenheit), sore throat, body chills, coughing, sneezing, runny nose, feeling tired, congestion in the nose (stuffy and hard to breath).

PREVENTION is the best way to keep from getting a cold. Wash your hands, often. That is the number one way. Another way is covering your mouth when you cough or sneeze, use a tissue or your sleeve. Don't share drinking glasses, silverware, towels or anything else that might have germs on it. Stay away from people who are sick, people are most contagious during the first few days of the cold starting. Teach your staff and children what to watch out for and encourage them to stay home if they are having symptoms of the cold.



Common Colds ... how do we treat them?

There's no cure to the common cold, by you can do the following to ease the symptoms.

- **Rest** and lots of it. Consider staying home when you are sick, and your children if they are sick too. No sense in spreading the germs to anyone else outside your home.
- **Fluids** (water, juices, etc.) as well as hot drinks soothe the cough and sore throats, chicken soup is always a good idea. The mucus is cleared as well when drinking plenty of fluids.
- **Blow your nose**, get that mucus out and send the viruses with it.
- **Wash your hands**, especially after blowing your nose, don't give it to others or yourself again. Wash often, as even touching your nose or mouth can help a virus to spread.
- **Eat a balanced diet**; fruits and vegetables can build your immune system and help you get over the cold sooner.
- **Try saline nose drops**. They can loosen the mucus in the nasal area and make it easier to breath and blow the nose. Look for the over the counter drops at any pharmacy.
- **Gargling** with salt water, if you have older children or adults, this can sometimes help.
- **De- stress**. Kids and adults that are stressed out feel worse when they have colds. Rest, take time to watch a movie or read a book. Listening to soft music often soothes the soul.
- **Moisten the air**. If you do this, change the water daily and follow manufacturers instructions. Aim the mist away from the child's bed to keep the bedding from getting wet.
- **Seek medical attention** if your symptoms do not get better or if they become worse.

