LAKE COUNTY FLORIDA

Health & Safety Minute

December 4, 2014

The purpose of this is to provide safety reminders and information to discuss at staff meetings.

Cold & Flu Prevention in the Workplace

From: The Center for Disease Control (CDC)

The **single best way to prevent seasonal flu is to get** vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Diabetes & Prevention

From: The Center for Disease Control (CDC), Juvenile Diabetes Research Foundation (JDRF)

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

A person with **prediabetes** has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States. There are 2 main types of diabetes: Type 1 and Type 2. You can get diagnosed with either at any age.

Type 1 Diabetes

- 5-10% of people with diabetes.
- Cannot produce insulin.
- Experience episodes of low blood sugar levels.
- Cause is tied to autoimmune, genetic, and environmental factors.
- Cannot be managed by diet and exercise alone.

Type 2 Diabetes

- 90-95% of people with diabetes.
- Are insulin-resistant.
- Do not experience episodes of low blood sugar levels, unless a person is taking insulin or diabetes medications.
- Cause is tied to metabolism and genetic susceptibility, but can be prevented or delayed through diet and exercise.
- Can be prevented.

Prevention

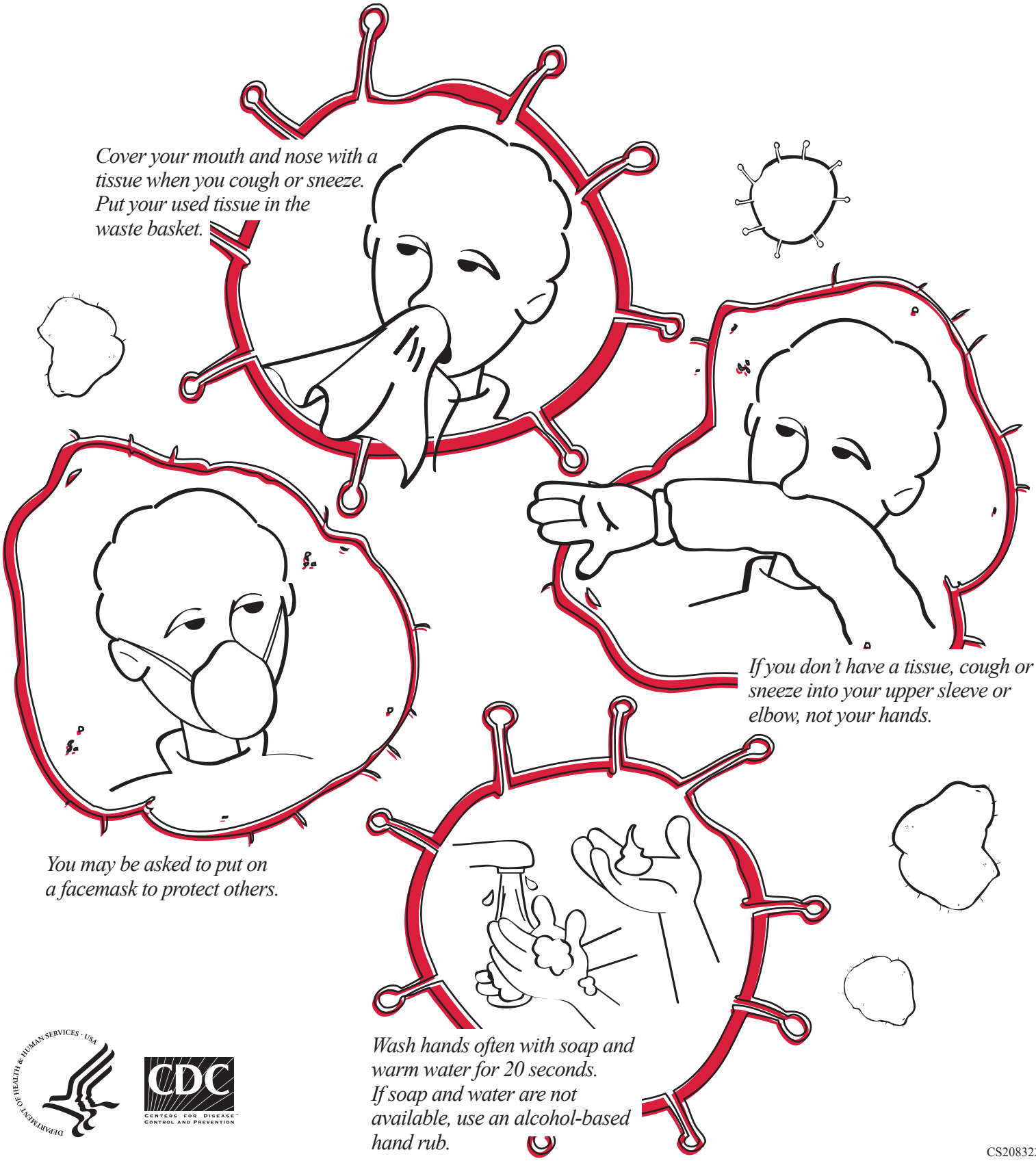
You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk of diabetes. For more information visit Diabetes Prevention.

Lake County Diabetes Self-Management Program

If you or your dependent have been diagnosed with diabetes and are enrolled in the County's health plan, you are eligible to participate in the **Diabetes Self-Management Program.** Attend a one-day (4 hours) Diabetes Self-Management Class and receive reduced copays for diabetes-related prescriptions and supplies. Classes are presented by a Certified Diabetes Educator from South Lake Hospital. Contact Human Resources for more information at 352-343-9793.

Cover your Cough

Stop the spread of germs that can make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

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CENTERS FOR DISEASE CONTROL AND PREVENTION

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