

Safety Sentinel

Oct 2010

Fond du Lac County Safety Committee Mission Statement

It is the Fond du Lac County Safety Committee's mission to provide safety awareness, education, and advocacy to all Fond du Lac County employees, while recognizing it is both the employer and employee's responsibility to maintain a safe work environment.

Seasonal Influenza Information

The best way to prevent the flu is by getting a flu vaccination each year. The CDC is recommending that everyone, 6 months and older, get a 2010-2011 flu vaccine.



Flu vaccine is available at no cost to all Fond du Lac County employees. Vaccine is available at no charge to spouses and dependents of employees if covered by County Health Insurance. Flu vaccine is

available for all others for a \$25.00 charge. Watch for additional employee influenza clinics to be announced, or call the Health Department for information.

Individuals with influenza symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue) should stay home, and stay away from others until they are **fever free for 24 hours** without the use of fever reducing medications.

Certain groups of people are at higher risk of serious flu-related complications. This includes people 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women and young children. Persons in these high risk categories, who have flu-like symptoms, should call their healthcare provider to determine if there is more they need to do.



For more information, please call the Health Department at 929-3085.

Avoiding a Collision with a Deer

Fall and spring are active seasons for both pleasure driving and wandering deer. Put them together and you have a costly accident.

Many people don't realize how much damage can be done to a car if it hits a deer. Drivers need to be particularly cautious of deer foraging near roadsides and the Fall season's shortened daylight — it's a very dangerous combination. Unfortunately, more drivers are on the road at the very times when deer are most active — dawn and dusk. An adult deer can weigh more than 200 pounds and a car striking one can not only incur thousands of dollars in damage, but can cause the car to veer off the road. Reports indicate that hundreds of thousands of deer are hit by cars each year in this country.

Here are a few basic cautions for drivers:

- Visually scan a wide swath of the roadside.
- Slow down when approaching a deer standing near the side of a road and be prepared. If startled, it can bolt onto the roadway and into your path. If necessary, honk your horn and flash your lights to try to scare the deer.
- Deer Crossing signs are there because it has been determined that this is an area they use to congregate and migrate. Take the signs seriously, particularly those installed specifically for this time of year.

Continued on page 3

- - - Cut on line and return inter-office mail marked "Safety Suggestion Box" or give to a Safety Committee Member - - -

Safety Suggestion

Date: _____

Please share any safety concern or suggestion:

Name (optional) _____

Halloween Safety

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

For greater visibility during dusk and darkness, decorate or trim costumes

with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.

To easily see and be seen, children should also carry flashlights. Costumes should be short enough to prevent children from tripping and falling.

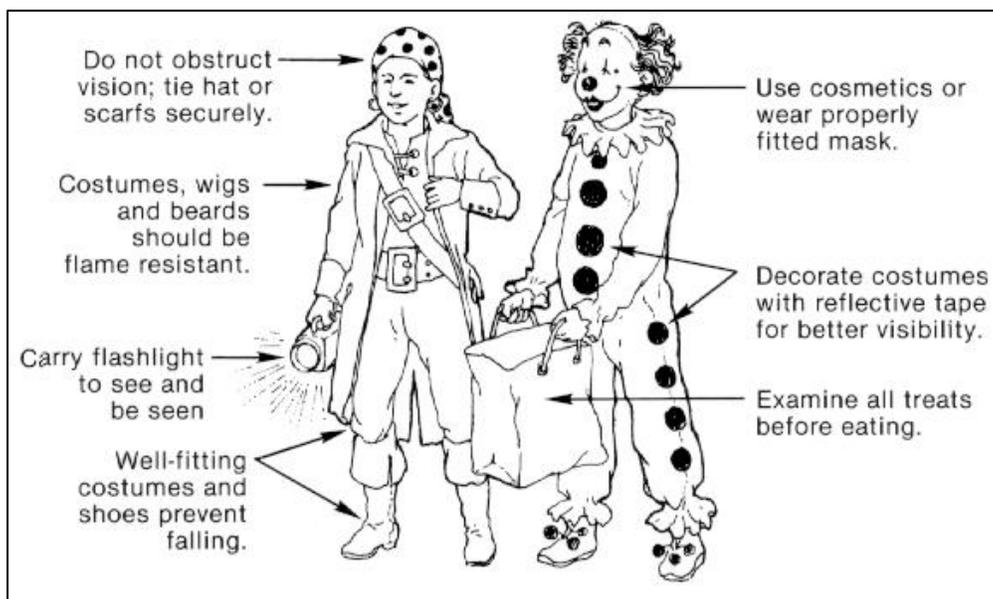
Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking. Hats and scarves should be tied securely to prevent them from slipping over children's eyes. Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision. Swords, knives, and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: Young children should always be accompanied by an

adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome. Children should not enter homes or apartments unless they are accompanied by an adult. People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

Source: U.S. Consumer Product Safety Commission – Toll-free hotline (800) 638-2772



Top Ten Signs of Depression in Children and Adolescents

1. Irritable or sad mood. (Negative, grouchy, looks sad)
2. Loss of interest or pleasure in things they used to enjoy. (No longer spending time with friends they used to play with; more withdrawn, little motivation or unable to decide what to do.)
3. Weight loss or weight gain (Reports not being hungry, or compulsively eats.)
4. Over sleeping or restless sleep but rarely looking or feeling rested. (Child may become more needy, wanting more from you and/or having increased difficulty getting up in the morning. May hide out in bedroom – sleeping.)
5. Difficulty concentrating, making decisions, putting tasks off. (Noticeable decrease in academic performance, calling in sick to school or work.)
6. Inappropriate blame of others. Avoiding others. Expressing low self worth. (Perception of what others say or do is not what is said or meant by the other person. Child or teen expresses inappropriate anger or sadness.)
7. Increased aches and pains. (Complaints of headaches, stomach aches, legs, etc., that have no medical basis.)
8. Change in overall presentation. (Looks and acts differently, may be involved with drugs and alcohol, no friends or changes in friends.)
9. Decrease in hygiene. (Lack of self care, becomes detached from others, more withdrawn.)
10. Expresses thoughts of death, feelings of hopelessness, states they want to kill themselves, just want to go away. (Suicidal thoughts are present. It may be ongoing or the result of a break up with a boyfriend or girlfriend, feeling humiliated by someone or something that happened, overly upset by a failure or bad grade.)

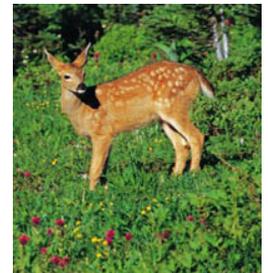
If any of these symptoms last more than two weeks, contact your family physician, your child's guidance counselor, or a mental health professional. If your child expresses suicidal ideation with a plan to harm themselves or they are overly upset by a recent loss or failure, it is important to make sure they stay safe and that help is sought immediately.

List taken from the DSMIV and expanded by Jackie Block, MFT, LMFT, LCSW, from Agnesian Healthcare, Outpatient Behavioral Health.

Fond du Lac County offers employees the services of the Employee Assistance Program (EAP). It is free, voluntary and confidential. If you or a family member are experiencing difficulties or personal issues, you are encouraged to contact EAP at 924-0614 or 1-800-458-8183.

Avoiding a Collision with a Deer – continued from Page 1

- Be cautious in wooded and agricultural areas where there is little distance between the road and the woods.
- Deer whistles or ultrasonic deer avoidance systems attached to vehicles have never been proven to work by independent studies and may give drivers a false sense of security.
- Be particularly careful at dawn and dusk and when driving either over a hill or around a curve, where visibility is limited. Use your high beams to give you a greater area of visibility and allow you to see the deer's eyes sooner. When driving after dark, watch for eyes, particularly in the road ditch and side of the road.
- Be alert for more deer than you may see at that moment. Where there is one deer, there are often more nearby. If one deer crosses the road, the others will often follow or it may attempt to cross back to re-join the others.
- In many instances, it is best not to swerve around the deer since the deer may move in the same direction. You may also inadvertently hit another vehicle, or go off onto a dangerous shoulder. Unless certain of those road factors, it is often best to simply brake and continue in your lane of traffic.



Source: Direct Response Corporation, December 2006