



Blair County Risk Management

Volume 20

Spring 2020



Spring Cleaning Tips



Always Work from Top to Bottom

When you think about how to spring clean your home, it is important to start from the ceiling down. This will force debris downward and keep you from having to re-dust or re-clean your space. Then dust your furniture and other items before vacuuming all the dust and debris off your floors. (Do not forget the ceiling fans)

Walls, Blinds, and Windows Need Love too

People always clean their floors, but they typically forget about walls, blinds, and windows. Not all dust settles on the floor and other surfaces. Just use a damp towel to wipe down walls and blinds (starting from the top). Remove and wipe down the window screens outside as well.

Kitchens

- Wipe down your cabinets.
- Clean above your refrigerator
- Steam clean your microwave (1 cup of water along with 1 tablespoon of vinegar will do the trick)
- Go through your pantry and refrigerator. Wipe down the shelves, and throw away any old/expired items.

Laundry

- Check the dryer vent and lint trap

Declutter

Decluttering makes you more efficient and keeps you organized.

- Go throughout and organize your closets (Possibly donate unwanted items)
- Look through that dreaded junk drawer

Bedroom

- Clean and/or replace sheets
- Vacuum the mattress
- Wash pillows

Bathrooms

- Change your shower curtain.
- Go through your medicine cabinet and throw away any expired items.

Air Quality

- Clean air vents
- Replacing furnace and HVAC filters is one of the most important and overlooked parts of spring-cleaning.

Don't forget about your pets

- Wash, vacuum, or replace dog/cat beds
- Thoroughly clean feeding areas and litter boxes



Happy St. Patrick's Day



March is rapidly approaching us and with it many St. Patrick's Day festivities. This holiday is known for being one of the leading holidays for alcohol consumption. A well-known Irish blessing, "May the road rise up to meet you" is said to someone in hopes that all obstacles will be removed from their journey in life. However, taken literally one may have the road rise to meet you if you try driving while under

the influence. Alcohol is involved in about 40% of all fatal car crashes and cost the U.S about \$51 billion each year. Drivers with a blood alcohol content of only 0.02 to 0.05% are 7 times more likely to die in a crash than sober drivers. Alcohol tampers with your ability to concentrate, make good judgement and quickly react to situations, which are all skills needed to safely drive. Alcohol causes drowsiness, slowed response time, distorted vision, impaired decision making, memory lapses (blackouts), decreased coordination and possibly unconsciousness.



It is a violation of Pennsylvania law to operate or be in physical control of a motor vehicle when your blood alcohol (or BAC) is .08 percent or greater or if you have any amount of a scheduled drug in your system without a valid prescription. The penalties for getting caught driving under the influence can be but are not limited to, first offense-6 months of probation, \$300 in fines, and mandated participation in anti-drinking and driving programs. Second offense can lead to 5 days to 6 months in jail, \$300-\$2,500 in fines, and 12 months license suspension and third offense can be 10 days to 2 years in jail, \$500 to \$5,000 in fines, and over a year or more of license suspension. It is also very likely that you will have the humiliation and inconvenience of having to pay for a breathalyzer device in your car that you must blow into several times just to get you where you need to go. These things do not sound like a good time. Drinking at home or asking a friend to be a designated driver is free, and Uber costs on average are \$2 per mile. These safe transports sound a lot cheaper than paying the fines and reduces risk for injury or death to yourself and other innocent people on the road. If you're planning on joining in the fun, by all means don your green but don't forget to drop your keys if you want to avoid spoiling the fun.



www.2courtinfo.ca.gov

dui.drivinglaws.com

www.alcoholrehabguide.org

wallethub.com/blog/st.patricks-dy-facts/10960

eriebar.com/public



Easter Egg Safety Tips

Whether your Easter plans include bunnies hopping down the trail, baskets, bonnets or candy, chances are eggs may have a role. Coloring, hiding and eventually eating Easter eggs has been a long-held tradition for many families. For the happiest of Easter memories, follow these safety tips as the Easter season approaches.

First, wash your hands and your working area thoroughly. Remember cleanliness at every step including cooking, cooling, and dyeing of eggs.

It is important to refrigerate hard-boiled eggs if you won't be coloring them right after cooking and cooling. Color only eggs with no cracks. If any eggs crack during dyeing or while on display, discard them along with any eggs that have been out of refrigeration for more than two hours.

If hard-boiled eggs are kept out of the refrigerator for over two hours, for decoration or hiding, discard the eggs immediately after use. When shell eggs are hard-boiled, the protective coating is washed away, leaving the pores in the shell open for bacteria to enter. This is why hard-boiled eggs spoil faster than fresh eggs.

Hard-boiled eggs should be refrigerated within two hours of cooking and used within one week.

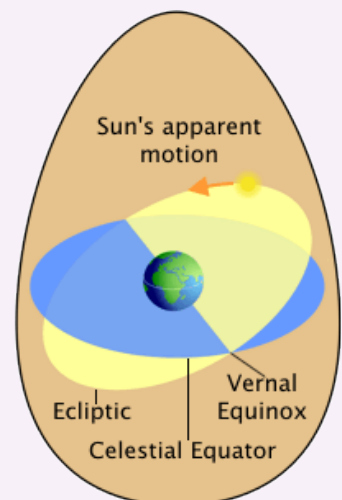
If you want to keep your decorated eggs on display for a bit longer, try emptying them and decorating blown out eggs.

If you hide eggs, avoid areas where the eggs might come into contact with dirt, pets, wild animals, birds, reptiles, insects or lawn chemicals.

To keep your Easter happy and safe follow these tips.

<https://eggsafety.org/tips-for-safely-handling-dyeing-and-eating-easter-eggs/>

Is it a myth that an egg can balance on end on the first day of spring (the Vernal Equinox)? It is NOT a myth; HOWEVER, truth be told...you can stand an egg on end any day. It has nothing to do with the equal gravity between the Earth and the sun during the equinox. It has everything to do with the tiny bumps in the shell. These bumps or irregularities help to hold the egg up.



Fire Statistics



On average, families have **less than three minutes** from the time the first smoke alarm sounds to escape a fire.

Home fires kill an average of **7** people every day.



**CHANGE YOUR CLOCK
CHANGE YOUR
BATTERY**
25 Years of Helping Save Lives

According to the U.S. Fire Administration (USFA), smoke detectors should be tested at least once a month and batteries should be replaced at least once or twice a year. A good rule of thumb is to change batteries when “Day Light Savings time” begins in the spring and ends fall. It is also a good idea to check the age of your smoke detector. Most smoke detectors last 8-10 years.



Colds vs. Allergies

The symptoms of the common cold and allergies are very similar, which can make it difficult to tell the difference between the two.

COLD

Sneezing

Runny nose

Thick, dark mucus

Sore throat

Body aches

Symptoms take about three days to appear and usually last for about a week.



ALLERGY

Sneezing

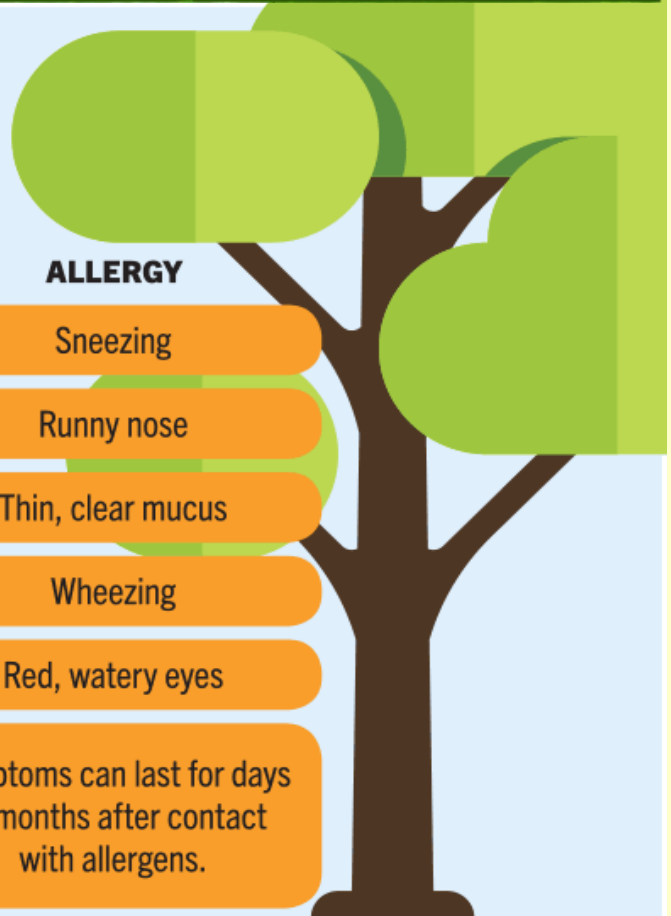
Runny nose

Thin, clear mucus

Wheezing

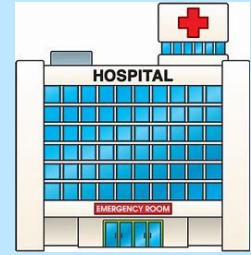
Red, watery eyes

Symptoms can last for days or months after contact with allergens.





Tips When Visiting the Emergency Room



Going to the emergency room can be a fearful or traumatic event. Whether you suddenly become sick, have been in an accident, or just aren't feeling like yourself, a trip to the ER can go a little more smoothly if you are prepared and know what to expect.

- 1. Be sure to take necessary items with you.** If you have time to gather items before going to the ER, be sure take your insurance information, medications, any adaptive equipment (walker, wheelchair), and an extra change of clothes.
- 2. Bring your paperwork.** It's a good idea to keep your most recent medical information together in one place, maybe in a binder, so that you can quickly grab it before leaving for the ER. This might not be possible in some circumstances but having it at home, may help in most situations. A list of your diagnoses, medications, allergies, doctors and most recent test results is very helpful and can save a lot of time.
- 3. Remember, the doctor does not know you.** Unlike your PCP, the ER doctor is not familiar with you. Be sure to share all important information in order to get the best care possible. If you need assistance in any way (communication, ambulation) be sure to share that information.
- 4. Keep your story short and sweet but complete.** Doctors rely mostly on what you tell them so be sure to explain how you are feeling and include all relevant information. For example if you say "my stomach hurts", the doctors might assume anything. Instead you might say, "my stomach started to hurt two days ago. It started after I took a new medication."
- 5. Be honest about your symptoms.** Telling a fib about your symptoms may get you in the exam room faster but your doctors will be looking for the wrong illnesses. This increases the risk of being misdiagnosed leaving the real illness untreated.
- 6. Follow the discharge instructions.** After all exams and testing are complete, and the ER doctor feels you can go home, you'll be given a discharge packet. This packet will include instructions on how to care for your diagnosis, when to return to the ER and any necessary follow up appointments. Be sure to follow the instructions.
- 7. If you are supporting someone who is being treated:** Whether it is a family member or someone you provide care to, be sure to support them in the above areas but only if they can't do it on their own. Encourage people to speak for themselves, to express their feelings and to ask questions.

Central HCQU Spring Day of Learning

Caring for Individuals with Intellectual and Developmental Disabilities

Thursday May 14th, 2020 | 8:15-4:30

Geisinger Medical Center- Hemelright Auditorium

100 N. Academy Ave. Danville, PA 17822 Danville, Pa 17821

<https://www.geisinger.org/patient-care/find-a-location/geisinger-medical-center/maps-directions-parking>

- **Registration** 8:15-9:00 am
- **Getting it Right in the End** 9:00-10:30 am - *Dr. Alexander Nesbitt, Medical Director UPMC Susquehanna Hospice and Palliative Care* [Palliative care services, hospice care, "Living Will" and advanced care planning; societal/medical bias that endangers individuals w/ IDD who are being cared for with serious or advanced disease]
- **Break** 10:30-10:45 am
- **Human Trafficking-Working with Victims with Intellectual & Developmental Disabilities** 10:45-12:15 pm - *Sadie Jordan, BA Medical Advocacy Coordinator; The Women's Center, Inc. of Columbia & Montour Counties*
- **LUNCH ON YOUR OWN** 12:15pm- 1:30 pm Cafeteria and Subway on site
- **Trauma: The Cold We All Catch - A Provider's Journey** 1:30-4:30 pm *Kim Sanders, President of Ukeru Systems, a division of Grafton Integrated Health Network* [Managing physically aggressive behavior safely without utilizing restraint and seclusion and increasing employee and individual safety; utilizing a trauma-informed approach]
- **Registration deadline: May 7th, 2020.** To register, email Lesley at lgmurphy@geisinger.edu. Include your name, title, organization and email address. Questions call 570-271-7240.

FREE CE contact hours for Licensed Nurses. Geisinger Health System is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.