

Blair County Risk Management

Issue 22

Fall 2020

September is.....



A graphic for October is Fire Prevention Month. It features the text "OCTOBER IS FIRE PREVENTION MONTH" in large, bold letters, with "Be Aware & Stay Safe!" below it. The background shows several lit candles and a jack-o'-lantern.

The goal of Fire Prevention Month is to raise fire safety awareness, and help ensure your home and family has a plan and is ready for the unexpected.

Here are some important tips:

- Install smoke and carbon monoxide alarms on every level, in every bedroom.
- Test alarms regularly.
- Change alarm batteries every 6 months or upgrade to 10-year sealed battery alarms.
- Replace alarms at least every 10 years.
- Plan and practice your emergency escape plan.

Be Informed:

What kind of disaster(s) is your area susceptible to?

How will you become aware of emergency alerts?

Build a Kit:

Does your kit include food, water, clothing, and other supplies to get you through a disaster?

Make a Plan:

What is your evacuation route?

What is your shelter plan?

What is your communication plan?

How will you let others know you are safe if separated in a disaster?

Practice your plan.

A sign on a wooden post that says "Happy Fall Blair County!". The sign is surrounded by autumn leaves and a pumpkin.



A Safe & Happy Home

We all know that house in the neighborhood that is a real fright with its cobwebs and missing shingles-the one you don't want to walk by . Don't let this happen to your house. Here are some helpful tips to do in the fall to keep your house from being the haunted nightmare of the neighborhood.

- Don't let cold temps make you wrap up like a mummy, get your furnace serviced so that it is in working order throughout the winter months! Buy a programmable thermostat so that temps are lowered throughout the night and times you are not home to save you money.
- No one likes cold spots or those chills in the back of your neck, check windows and doors for leaks and drafts. Reinforce windows by removing summer screens and installing storm windows. Check seals!
- Don't share your space with creepy critters like rats, bats and spiders, oh my! Inspect your roof, clean out gutters, and make sure there are no holes welcoming unwanted houseguests.
- No one likes to be in the dark! Get ready for power outages by getting a generator and stocking up on candles, batteries, and flashlights. Make sure you keep extra gas in an outside shed to keep generators and snowblowers working in a blizzard!
- Nothing is scarier than that creepy old tree's branches scratching on your windows or knocking down power lines in winter storms. Trim trees, bushes, shrubs, and other plants in your garden. Get rid of the dead!

- Frankenstein warned us about FIRE! Heed his warning and test home safety devices such as smoke and carbon monoxide detectors. Make it a habit to change batteries in the fall and spring.
- Alien alert! Check fireplaces for leaks and damages. Have chimneys cleaned properly. Stock up on firewood but don't bring in aliens. Always use firewood from trees indigenous to your location. Having wood shipped in from other areas can introduce critters to your environment that DON'T belong there and can cause damage to our environment.
- WEEDS are like Zombies of your yard! Get rid of them by fertilizing your lawn in the fall to help prevent your lawn from having winter damage and the nasty weeds returning in the spring.
- Put away ALL seasonal furniture, planters, etc. Don't let these items lay waste to winter and become a graveyard of unusable items.
- Don't be a ghoul! Avoid accidents from happening by removing water drainage, leaves and debris from yard, sidewalks, and driveways. Turn off outside faucets and put away hoses.
- Protect yourself by staying COVID-19 safe. Cold temps keep us more shut in then ever. Follow this spell to protection: Continue wearing masks, practicing the 6 ft. rule , washing hands often, and disinfect home daily. Visit family/friends virtually.

Make your home healthy and safe! Some extra time and effort towards your home will keep the monsters away. Your family will be warm, safe and happy during those long unbearable winter months.

Your home
will thank you!



HALLOWEEN 2020

This year has presented many challenges when it comes to celebrating the Holiday's in the traditional manner that we are use to. Here are some helpful ideas on how to continue to have fun and keep safe during this Halloween Season.

- Create a Halloween Group/Family photo and send them to family and friends. (Be creative and have fun with a theme)
- Have a Skype-o-ween party (Use technology to play group games, share scary stories, and even have a costume contest)
- Drive-by Pumpkin Judging Contest
- Drive-by House Decorating Contest (Involve as many family/friends as you can!)
- Plan for a small party with your family/roommates and watch a few Halloween movies while enjoying a snack.

- *Some Halloween movies to keep in mind* -

The Great Pumpkin Charlie Brown

Pooh's Heffalump Movie

Casper

Double Double Toil and Trouble

Beetlejuice

Goosebumps

The Haunted Mansion

Scared Shrekless

Hotel Transylvania

Hocus Pocus

Have fun and stay safe this



Recipe Corner

Cream Cheese Pumpkin Pie

Ingredients

- 2 cups finely crushed pecan shortbread cookies
- 1 tablespoon all-purpose flour
- 3 tablespoons butter, melted

Filling

- 2 packages (one 8 ounces, one 3 ounces) cream cheese, softened
- 1 cup sugar
- 1 can (15 ounces) solid-pack pumpkin
- 3 tablespoons all-purpose flour
- 1 tablespoon milk
- 1 teaspoon ground cinnamon
- 1/4 teaspoon each ground ginger, nutmeg and cloves
- 3 eggs, lightly beaten

Whipped cream, optional

Directions

1. In a small bowl, combine the cookie crumbs, flour and butter; press into an ungreased 9-in. deep-dish pie plate. Bake at 350° for 9-11 minutes or until lightly browned. Cool on a wire rack.
2. For filling, in a large bowl, beat cream cheese and sugar until smooth. Beat in the pumpkin, flour, milk and spices. Add eggs; beat on low speed just until combined. Pour into crust.
3. Bake at 350° for 40-50 minutes or until center is almost set. Cover edges with foil during the last 15 minutes to prevent over-browning if necessary. Cool on a wire rack for 1 hour. Refrigerate for at least 4 hours before serving. Serve with whipped cream if desired.

STAY HEALTHY

There are thousands of ways you can improve your health. If you want to live healthier, where do you start? Here are five very basic health tips to help your body work more efficiently.



1. Fluids: Drink plenty of fluids, preferably six to eight glasses of water per day, to keep your body hydrated, your skin healthy and to encourage normal digestion. For some variety, you can also drink tea and juice, but be careful to avoid drinks with high-sugar content.



2. Balanced Diet: In order to get the vitamins and minerals your body needs, eat a balanced diet with plenty of fruits, vegetables, whole grains and lean proteins. Because it may be difficult to include every essential nutrient in your diet, you can use daily vitamin and mineral supplements as well.



3. Exercise: From a simple walk in the park to an intense workout, any form of exercise is beneficial, as it helps you manage your weight and boosts your mood and energy level at the same time.



4. Moderation: When it comes to life's little indulgences, moderation is the key. This applies to sugar, alcohol, certain types of fats and any other unhealthy food or activity.



5. Sleep and Relaxation: It's very important to make sure your body gets the rest it needs to recuperate from the pressure of daily life. Get at least eight hours of sleep per night and engage in relaxing hobbies or activities, such as meditation, yoga, painting or simply spending time with friends or family.

WebMD

YOUR BODY AFTER YOU STOP SMOKING

- AFTER 20 MINUTES:**
 - Blood pressure goes down.
 - Heart rate goes down.
 - Hands and feet get warmer.
- AFTER 8 HOURS:**
 - Blood carbon monoxide levels return to normal.
 - Blood oxygen levels go up.
- AFTER 24 HOURS:**
 - Heart attack risk is lower.
- AFTER 48 HOURS:**
 - Body becomes free of nicotine.
 - Nerve endings adjust to missing nicotine.
 - Sense of taste and smell start to improve.
- AFTER 72 HOURS:**
 - Bronchial tubes start to relax.
 - Easier to breathe.
- AFTER 2-13 WEEKS:**
 - Blood circulates better.
 - Exercise is easier.
- AFTER 1 YEAR:**
 - Heart disease risk is cut in half.
- AFTER 5 YEARS:**
 - Cervical cancer risk same as nonsmoker.
 - Stroke risk same as nonsmoker.
 - Cancer risk of the mouth, throat, esophagus, and bladder is cut in half.
- AFTER 10 YEARS:**
 - Lung cancer risk is cut in half.

Sources: American Cancer Society, CDC, Indian Journal of Psychiatry, Smokefree NHS.

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5 TIPS FOR STAYING HEALTHY WHILE WORKING FROM HOME



Find a Calm Space
Identify a designated, quiet workspace and consider wearing headphones to tune out potential distractions.



Take Breaks
Take frequent breaks during the day and get away from your desk for a few minutes every hour or so.



Stay Clean
Wash your hands often, use hand sanitizer, and keep your desk and workspace clean and free of germs.



Improve Ergonomics
Adjust your chair so that your knees are level with your hips, and your monitor is near eye level.



Eat Well & Hydrate
Eat a healthy lunch to promote a strong immune system and don't forget to stay well hydrated.

COLD vs. FLU vs. ALLERGIES vs. COVID-19

SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** (can range from mild to serious)
Fever	Rare	High (100-102°F), Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy/Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections