

****The information presented in the Safety Advisory Newsletter is compiled from various sources and is to be informational in nature only. It is not intended to be used as a legal, medical, or financial directive from the Editors, IU Administration, or Board of Directors.****

Please report all work related injuries to Michele Klayko within 24 hours using the Adobe Echo-Sign Workflow: Employee Injury Report.

Watch for additions and deletions on the [WC Providers List](#).

Report safety concerns to [David Stultz](#) or any of the following members by phone or email

Workplace Safety Committee

Deanna Anderson

Don Arotin

Brian Cessna

David Hann

Jill Latuch

Marie Link

Dr. Kara Madara

Karen Makin

Jena Shaffer

David Stultz

Brad Theys

Amanda Williamson

Sonya Yoder

Meeting minutes are posted at
IU8 Office Locations.

Cold, flu, or other symptoms of a common illness? Call SWIFTMD - Those of us who have Highmark Health Insurance through IU8 can register online with the information that was sent in the mail, or you can call 833-SWIFTMD, when you need to schedule a consult. Additional information can be found at <https://www.swiftmd.com/>



Tick-Bite Documentation & Information

A resource tool provided by www.palyme.org

This form is to help educate when a person has an embedded tick discovered and removed, and aid in monitoring for symptoms and following up with a health care practitioner. Keep this document with the removed tick (sealed in a plastic bag).

TICK BITE: Today, an embedded tick was discovered and removed.

Name: _____ D.O.B.: _____

Date bite discovered: _____ Time tick removed: _____

Body part tick attached to: (leg, arm, neck, etc): _____

Was tick engorged: YES NO (circle one)

Appearance of bite site (red lump, swollen, rash, etc): _____

Suggestion: put a band-aid on the bite site for easy monitoring.

Circle the type of tick
(note: photos enlarged)

Blacklegged tick

American Dog tick

Lone Star tick

Not sure

As soon as you can, take a photo of the bite site, circle it and then monitor the bite and any symptoms.

Symptoms (may be days or weeks before symptoms occur): Be aware of common symptoms of tick-borne disease. *Note—you don't need all the symptoms (you might just get one or two symptoms), and not everyone gets the same symptoms.*

- Rash at bite site
- Bump/redness at bite site
- Flu-like symptoms
- Nausea
- Fever
- Headaches
- Lethargy/fatigue
- Joint pain
- Bell's Palsy (facial paralysis)
- Change in behavior

Not everyone gets a rash, not all rashes will be a classic bulls-eye, and rashes may or may not be found at the bite site. Only 10% of children and 50% of adults will get a classic bulls-eye rash. Be vigilant. Notify your doctor about the tick bite and the information from the form above. There is risk for disease with every tick bite; early treatment is the best option.

- Early diagnostic tests on humans are not always reliable.
- Lyme imitates many other diseases.
- If symptoms persist, call your doctor again or get a second opinion.

Testing: If you have the tick that was removed, consider getting the tick tested. The most reliable method of determining if the tick was infected tick and what disease it was carrying is by testing the TICK, not the person. Information on laboratories that perform tick tests for Lyme and other tick-borne diseases can be found at the following sites:

- www.ticklab.org/test-my-tick
- www.tickreport.com/order
- www.tickencounter.org/tick_testing

Note that the PA Department of Health advises that a negative tick test does not rule out disease nor does a positive test indicate you've been infected. Always consult your doctor if your child is showing symptoms of Lyme disease.

For more information or to download our free series of DARE 2B Tick Aware primary prevention materials, please visit <https://palyme.org/dare-materials/>

Funded by the Pennsylvania Department of Health's Preventive Health and Health Services Block Grant.



Fall Yard Work Safety Tips

Wear A Mask When Spraying Chemicals

Utilize Teamwork When Using Ladders To Avoid Falls

Avoid Loose Clothing Around Machinery And Tools

Cover Your Hands With Gloves To Avoid Injury

Slip Resistant Shoes Are A Must In Wet Conditions





**DAYLIGHT
SAVING
TIME INFO**
Fall Back
November 5, 2023
at 2:00 am

- Set your clocks back one hour.
- Check and replace smoke detector batteries.

Halloween Poison Safety

Candy & Treats

For young children, remove any choking hazards like gum, nuts, hard candies, or small toys.

Medication can look like candy. Store all medications away from children.



Hand Sanitizer

If using hand sanitizer, make sure hands are dry before eating.

Do NOT buy fun packaged hand sanitizers. They can be mistaken for food and accidentally eaten.

Glow Sticks

Do NOT chew or break open glow sticks.



Face Paint & Masks

Use non-toxic face paint or makeup.

If decorating your mask, use non-toxic art supplies.



Dry Ice

Handle dry ice properly. Skin exposure or ingestion of dry ice can cause severe burns.

Keep room ventilated when using dry ice.

Edible Cannabis

Cannabis is often sold in the form of edibles like gummies, lollipops, brownies and cookies. Make sure edibles are clearly labelled (for adults), and store them away from children.

Halloween Safety Tips

Trick or Treat?

Fentanyl comes in a variety of bright colors, shapes, and sizes—is a deliberate effort by drug traffickers to drive addiction amongst kids and young adults.*

- Fentanyl is 50 to 100 times more potent than heroin or morphine.
- It is IMPOSSIBLE to tell by looking at a pill if it contains fentanyl.



Chalk Fentanyl



Sidewalk Chalk



Rainbow Fentanyl



Smarties

Do not eat candy until you have a chance to sort it and check it. When it doubt, throw it out!



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Common Winter Illnesses in Children

	Symptoms	Average Duration	Treatment
RSV	Coughing Runny nose Fever Congestion Wheezing Rapid breathing Apnea in infants (pause in breathing)	2 weeks	No medication Nasal suction and saline Hydration
Flu	Sudden Onset of Symptoms High fever Coughing Runny nose Congestion Body aches Mild conjunctivitis (red/irritated eyes) Possible vomiting/diarrhea	1-2 weeks	Tamiflu within 48 hours Rest Hydration
Common Cold	Runny nose Congestion Coughing Sore throat Possible fever	5-14 days	No cold medications (especially for children under age 6) Nasal suction and saline Rest
Strep Throat	Sudden Onset of Symptoms Sore throat Trouble swallowing Fever Stomach pain Headache	Resolves within a day of treatment	Antibiotics
Stomach Flu	Vomiting Diarrhea Stomach pain Mild fever Headache Fatigue	1-5 days	No medications except Zofran for frequent vomiting Hydration Rest



Symptoms of COVID-19 can be similar to many common winter illnesses. The best way to tell the difference is to get tested. See more resources at [childrens.com/COVID-19](https://www.childrens.com/COVID-19).

Disease	What Products are Available?	Who Should Use These Products?	What Are the Benefits?
Flu	Updated flu vaccines for 2023-2024 are available, including flu shots and a nasal spray flu vaccine	Everyone six months and older should get an updated flu vaccine. People 65 and older should get a high-dose or adjuvanted flu vaccine, if available.	Flu vaccines reduce the risk of flu illness, severe illness, hospitalization, and death.
COVID-19	Updated 2023-24 COVID-19 vaccines are available for 2023-2024	Everyone six months and older should get an updated vaccine. Some groups may need additional doses to stay up to date.	COVID-19 vaccines are effective at protecting people from serious illness, hospitalization, death from COVID-19; they also reduce the risk of Long COVID.
RSV	RSV vaccines	Adults aged 60 and older	Vaccination against RSV can help prevent severe RSV illness, hospitalization, and death.
	RSV vaccine	People who are 32 through 36 weeks pregnant during RSV season	Vaccination against RSV while pregnant can help protect babies from severe RSV illness, hospitalization, and death.
	RSV immunization	Infants entering or born during RSV season	Immunization against RSV from monoclonal antibodies can help prevent severe RSV illness, hospitalization, and death.

Microwave Oven Safety



- Always supervise children when they are using a microwave oven.
- Use only microwave-safe food containers or dishes.
- Never use aluminum foil or metal in a microwave oven.
- If you have a fire in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

SAFETY TIPS

PLUG the microwave oven directly into the wall outlet — never use an extension cord.
MAKE sure the microwave oven is at a safe height, within easy reach of all users.
OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.
FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.

Employee Assistance Program

Free and confidential services and other resources to employees, as well as eligible household/family members. Log into the EAP website at (www.mseap.com) using the Access Code "AIU". Or if you are having any type of struggle and think you may need immediate help dealing with it, please call the EAP at 1-800-543-5080.