



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Wichita Chapter

November 2019

Don't wish it were easier. Wish you were better. —Jim Rohn



November is ...
Military Family Appreciation Month
www.NationalDayCalendar.com

Approximately 20,000 children have lost an active duty parent in the military over the last 35 years.

97% of casualties are men, leaving behind single mothers to care for their families. Of those families, 60% report having trouble making ends meet.

NO MORE EXCUSES
THERE ARE MANY PLACES
TO GET YOUR FLU VACCINE.

Take time to enjoy the day!

*It only takes a minute or two,
so relax, check out the view.*

*Tune in the nature that you've
been missing...*

Chirps, tweets, a little hissing

*Check out a sunrise or watch
the sun set...*

I haven't seen two alike yet.

*Look for creatures they're all
around...*

In the air and on the ground.

*Take a brisk walk or just soak
in some sun...*

*Life is too short not to have
fun!*



A Few Things to Know about Flu Shots:

Here's what you need to know based on my experience as a pediatrician, The Centers for Disease Control and American Academy of Pediatrics policies:

All Children Over 6 Months: The flu vaccine should be given to everyone 6 months and older. Babies and young children (6 months to 8 years) who have never had a flu shot will need 2 doses of the vaccine, given at least 4 weeks apart. Young children under age 5 years of age at higher risk of hospitalization and serious illness as are children with underlying medical conditions.

Pregnant Moms High Risk: Flu vaccine should be given to all women who are pregnant, considering pregnancy or are in the postpartum period or are breastfeeding during the flu season. The vaccine is safe to get at any time during pregnancy. Mom's immune response (making antibodies to the virus) are passed onto the baby in the final stages of pregnancy and protect newborns too young to get the shot. A double win!

Only The Shot: This year, like last year, the nasal flu spray is not recommended because data showed that it was less effective in protecting children and their families from the most common strains of flu circulating.

Timing: Get your vaccine as soon as it becomes available. No reason to try to "game the system" and wait as there isn't a lot of convincing data that the vaccine fades before the flu season does. Influenza peaks in early winter typically but of anything that's predictable, it's that influenza is unpredictable. Being immunized 2 weeks prior to an exposure is the best way to be protected. Most doctors and nurses and hospital workers will all have their vaccine in September and October.

Children With Egg Allergies: are OK to get the shot and do not need to go to an allergist to get the vaccine.

Flu Shot Can't Cause Influenza: The flu shot doesn't cause flu infection. The shot is not a live virus vaccine, it's an inactivated vaccine, and it can't replicate in the body.

Side Effects: most commonly are pain in the arm or leg at the injection site. About 10-30% of children under age 2 years will get a fever whereas fever is rare after flu shots in older children and adults.

When you drive, Just Drive

Research from the NHTSA shows that distracted driving contributes to about nine deaths (and more than 1,000 injuries on U.S. roadways) each day. And OSHA and the National Safety Council cite motor vehicle-related crashes as the No. 1 cause of on-the-job death, with distraction among the leading factors.

Cellphone-distracted driving takes a motorist's eyes, hands and mind away from the road and wheel, which increases potential dangers to the driver, passengers, other motorists and pedestrians.

More companies are rolling out policies banning employee use of handheld and hands-free cellphones while driving and they are seeing marked improvement.

Please Don't Text & Drive, and pull over if you have to take a call!

Happy Thanksgiving from the Wichita ASSP Chapter!