

Highlight on Health

An Emmons County Public Health Publication

Important Dates

December 1 - World AIDS Day.

December 1-7 - National Handwashing Awareness Week.

December 1-7 - National Influenza Vaccination Week.

December 2-6 - Older Driver Safety Awareness Week.

December 3 - International Day of Persons with Disabilities.

December 21 - Start of Winter (Winter Solstice).

December 22-30 - Hanukkah.

December 24 - Christmas Eve.

December 25 - Christmas Day (Office Closed).

December 31 - New Year's Eve.

January 1 - New Year's Day (Office Closed).



Remember 5 Steps to Clean Hands During Handwashing Week

Clean hands are critical to good health, something everyone is taught from a young age. By cleaning your hands, you not only help eliminate risk of catching the flu, but also diarrheal diseases and pneumonia.

The first week of December is National Handwashing Awareness Week, the perfect time to memorize and implement the five steps to ensure clean hands:

1. Wet your hands with clean running water (warm or cold), turn off tap and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20

seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end, twice.

4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

While soap and water is the best way to get rid of germs, you can also use an alcohol-based hand sanitizer that contains at least 60% alcohol. However, note that sanitizers do not get rid of all types of germs or harmful chemicals such as pesticides and heavy metals.

SOURCE: CDC.gov

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www.emmonsnd.com/public-health.html
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Remember Toy Safety This Holiday Season

When it comes to gifts, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three. This holiday season (and beyond), consider these guidelines for choosing safe toys for all ages:

Inspect toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking.

When purchasing toys for children with special needs try to choose toys that appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.

Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental



appropriateness before allowing them to be played with.

Look for labels that assure you the toys have passed inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.

Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard).

Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more

magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.

Do not give toys with ropes and cords or heating elements. Do not give crayons and markers unless they are labeled “nontoxic”.

For more information: Call Prevent Blindness America at 800-331-2020 or visit www.preventblindness.org/safe-toy-checklist http://kidshealth.org/parent/firstaid/safe/home/safe_toys.html www.nlm.nih.gov/medlineplus/ency/article/002473.htm

SOURCE: APHA.org

Older Driver Safety

1. Have eyes checked once a year.
2. Drive during daylight and good weather.
3. Plan your route.
4. Avoid distractions while driving.
5. Always wear your seatbelt.

Learn more at
https://www.cdc.gov/motorvehiclesafety/older_adult_drivers/index.html



December 2-6 – National Older Driver Safety Awareness Week