



PUBLIC HEALTH MATTERS

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THIS ISSUE

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RURAL HEALTH DAY

On [#NationalRuralHealthDay](#), we honored rural healthcare heroes nationwide. Their dedication and resilience in serving rural communities make a world of difference.

We gave a special shout-out to our staff and the amazing work they do for our rural community!

Our Early Intervention Program had 298 children participate in total in 2023.

We attended over 50 outreach events.

In 2023 we vaccinated 1,249 dogs, 529 cats, and 5 other animals at our free Rabies Clinics.

We administered 946 vaccines in 703 individuals.

STAY HEALTHY AROUND THE HOLIDAYS

Many viruses spread more during the holiday season, so it is important to get all recommended vaccines, including flu, COVID-19, and RSV. This will give you the best protection against these respiratory diseases, including while traveling and gathering with family and friends. These vaccines will also make your illness less severe if you do get sick. If you are sick, stay home to avoid putting others at risk. It would help if you also avoided others in the household to lessen their risk. If you have severe or worsening symptoms, call your healthcare provider.

Frequent handwashing with soap is the most effective way to remove germs, including respiratory viruses, from your hands. In case soap and water are not readily available, using a hand sanitizer containing at least 60% alcohol can help kill many germs. If you are experiencing symptoms like cough, runny nose, or fever, it is recommended to get tested for respiratory viruses. Free COVID-19 at-home tests are available, or you can visit a healthcare provider who can test you for flu, COVID-19, and RSV.



WINTER SAFETY TIPS

Electricity Safety



Snow and ice accumulation can be extremely heavy, which can cause electrical lines to snag or snap.

These wires are live and are a potential hazard to anyone attempting to clear snow and ice.

As snow and ice are removed, inspect the connection point from a safe distance to be sure that the weatherhead hasn't pulled away from the house, which would create a potential fire hazard.

ELECTRICITY & GENERATOR SAFETY

- Generators used to supply power during an outage **MUST BE OPERATED OUTDOORS** to prevent the buildup of deadly carbon monoxide.
- Before operating the generator, disconnect from National Grid by shutting off the main breaker located in the electrical service panel.
- Keep working flashlights and an extra supply of batteries in your home and be sure to charge all devices before a storm.
- Use caution when driving near emergency responders and crews restoring power.

SAFETY NEAR DOWNED POWER LINES



- Always assume a downed line is carrying live electricity.
- Don't touch anything in contact with downed power lines and stay 30 feet away from a downed wire.
- Never touch a person or an object in contact with a downed line, as electricity can transfer to you.
- Take caution when approaching fallen trees, which could have power lines caught in them.
- Remember that water can conduct electricity. If you see a power line down in a puddle or flooded area, avoid contact with the water to prevent risk of shock.



HOLIDAY TOY TIPS

LEAD & TOYS

Many children get toys as gifts during the holiday season but some toys may contain lead hazards. Be sure your child's toys are safe this holiday season. The effects of lead are often irreversible and can seriously harm your child's health! Even at low levels, lead can cause brain damage, slowed growth and development, and learning and behavioral problems. Be aware of certain toys that may contain lead:

- Antique toys
- Imported toys
- Toy jewelry



Current Lead Standards in Toys:

- In 2008, the Consumer Protection Safety Improvement Act required toys to be tested for mandatory standards before being sold
- The use of lead in plastics has not been banned.
- Lead may be found in the paint, metal, and plastic parts of some toys and jewelry
- Lead can also be combined with other metals, such as tin, to create toys
- Lead dust can form on toys when some plastics are exposed to sunlight, air, and detergents

Check the Consumer Products Safety Commission list of recalled toys:
cpsc.gov or call 1-800-638-2772

Safe Toys and Gifts Month

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 suit the age and individual skills and abilities of the child who will receive it. For more information:

www.apha.org/2021-Safe-Toys-and-Gifts-Month





SEASONAL AFFECTIVE DISORDER

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

SAD AFFECTS KIDS AND TEENS

Seasonal Affective Disorder can affect kids and teens just like it does adults. How can parents help? Encourage your child to get plenty of exercise, especially outdoors. Spend time together in ways that don't require much energy like watching a movie. Be patient because it may take time for symptoms to improve. Serve lots of whole grains, vegetables, and fruit while limiting less healthy foods. Have your child go to bed and get up at the same time each day.

SIGNS AND SYMPTOMS

- Changes in mood
- Negative thinking
- Lack of enjoyment
- Low energy
- Changes in sleep
- Changes in eating
- Trouble focusing
- Suicidal thoughts



If you need help, call or text 988 to reach the Suicide and Crisis Lifeline any day or time.



RECENT OBSERVANCES

NATIONAL INFLUENZA VACCINATION WEEK

National Influenza Vaccination Week (NIVW) is a critical opportunity to remind everyone 6 months and older that there's still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. CDC data shows that flu vaccination coverage was lower last season, especially among certain higher risk groups, such as pregnant people and children. When you get a flu vaccine, you reduce your risk of illness, and flu-related hospitalization if you do get sick. This week is meant to remind people that there is still time to benefit from the first and most important action in preventing flu illness and potentially serious flu complications: get a flu vaccine today.



A **FLU VACCINE** CAN TAKE FLU FROM

WILD
TO
mild

NATIONAL INFLUENZA VACCINATION WEEK
DECEMBER 4-8

#FIGHT FLU



WORLD AIDS DAY

We share the same goal as millions around the world—to end the HIV epidemic. It will take a global effort, and we remain committed to our work to get it done. This World AIDS Day, take a moment to read the National HIV/AIDS Strategy (NHAS) and Federal Implementation Plan for information on how we can work together to better coordinate our response to the HIV epidemic:

<https://tinyurl.com/worldaidsdayslc>



FAMILY HEALTH HISTORY DAY

Thanksgiving Day was not only a time to gather with friends and family. It's also National Family Health History Day. Take time while you are together to share information. Knowing and acting on your family health history is an important way to protect your health. Collect your family health history and share it with your doctor at your next visit. For information and resources, visit:

<https://tinyurl.com/famhistoryslc>



HAPPY NEW YEAR

From SLCPHD

