



# UW-W SAFETY SPOTLIGHT

Administrative Affairs Division:  
Office of Risk Management  
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Trending Topics



## SAFETY SPOTLIGHT SURVEY

We appreciate your feedback! Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.

<https://www.surveymonkey.com/r/PYLLHN8>

Click Here



## FLU MYTHS VS. FLU FACTS

**MYTH** I DON'T NEED TO GET MY FLU SHOT.

**MYTH** THE FLU IS JUST A BAD COLD.

**FACT** THE FLU MAY CAUSE COLD SYMPTOMS BUT INFLUENZA IS A SERIOUS DISEASE THAT CAN BE FATAL, EVEN FOR NORMALLY HEALTHY ADULTS. immune.org.nz

**FACT** BABIES UNDER 6 MONTHS OF AGE ARE TOO YOUNG TO BE VACCINATED. THEIR SAFETY DEPENDS ON THE REST OF US GETTING THE FLU SHOT. www.ontario.ca

**MYTH** YOU CAN GET THE FLU FROM THE VACCINE.

**FACT** THE VACCINE IS MADE FROM AN INACTIVATED VIRUS THAT CAN'T TRANSMIT INFECTION. health.harvard.edu

**MYTH** ANTIBIOTICS CAN FIGHT THE FLU.

**FACT** ANTIBIOTICS CAN ONLY FIGHT BACTERIAL INFECTIONS, THE FLU IS A VIRUS, SO ANTIBIOTICS HAVE NO EFFECT ON ANY KIND OF FLU. www.cdc.gov

**GET YOUR FLU SHOT**

**In 2015,** Runnymede had one of the highest vaccination rates among its peer hospitals in the Greater Toronto Area, with 80% of staff and volunteers rolling up their sleeves to get the flu shot.

It's Flu Season! Influenza ("flu") season can cause mild to severe illness, and at times can lead to death. To ensure the safety and health of students and faculty, we encourage you to know the signs and symptoms of the flu and the steps needed to reduce the spread of illness.



## PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

### WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

### COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

### DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

### AVOID

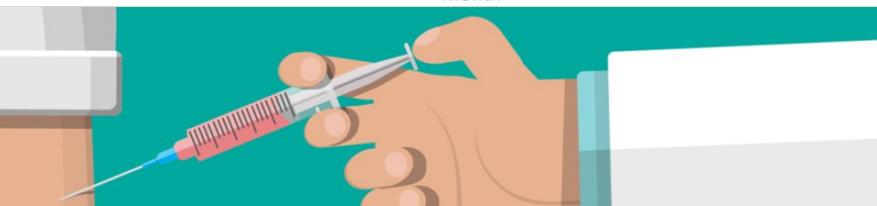
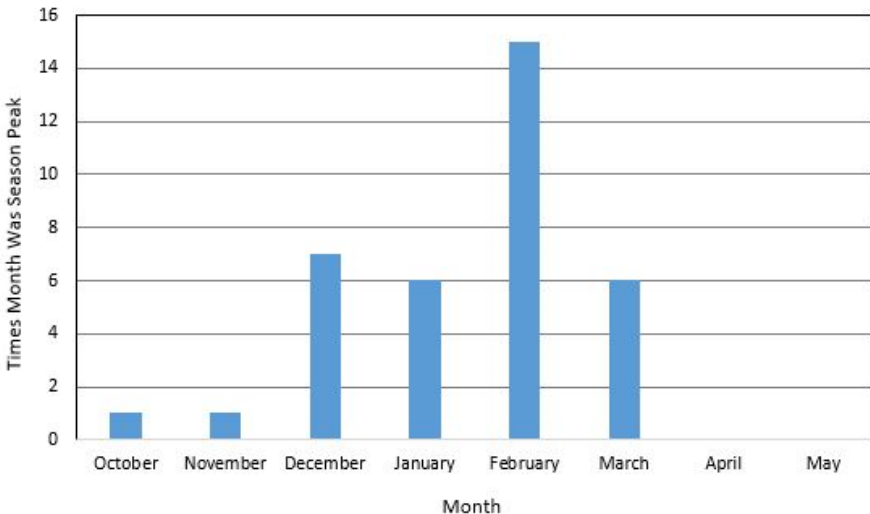
Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.





## When is the flu season in the United States?

In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces FluView, a weekly surveillance report, and FluView Interactive, which allows for more in-depth exploration of influenza surveillance data. The Weekly U.S. Influenza Summary Update is updated each week from October through May.



<https://www.cdc.gov/flu/about/season/flu-season.htm>

### If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

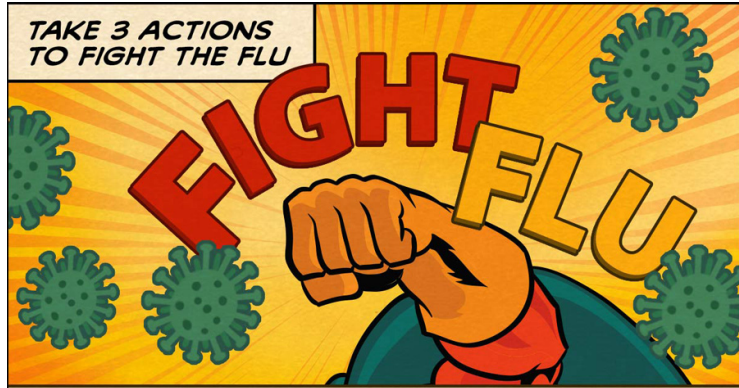
CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

Learn more: <https://www.cdc.gov/flu/consumer/treatment.htm>

#FIGHT FLU



### TAKE 3 ACTIONS TO FIGHT THE FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Learn more: <https://www.cdc.gov/flu/consumer/vaccinations.htm>

### TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP STOP THE SPREAD OF FLU VIRUSES!



## AVOID

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

### TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!







# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.

### Microwave:

Cook immediately after thawing.

### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

## DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards } SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

### SO DON'T WASH YOUR TURKEY!!

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Safe in fridge 3-4 days
- Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

- Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.
- Be sure to pack leftovers in a cooler if traveling.
- Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:  
Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleaKaren.gov](http://PregunteleaKaren.gov) for questions in Spanish.

