

THE PORCELAIN PRESS

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Special Points of Interest

- The Winter ES&H Fair is on Nov. 10, from 11:30a.m. to 1:00p.m. in the Atrium.
- For Flu Shot information, go to the ES&H Website and click on 'Medical Page'.
- Sign up for the 'Accelerate to a Healthy Lifestyle' program. Go to the ES&H page for more details and start logging your exercise minutes. Win prizes.
- Visit the new ES&H website. Check out the links to Take 5, and the Porcelain Press archives (in recent updates).

ES&H Concern or Suggestion?

- Talk to your Supervisor or SSO or submit ideas from the ES&H homepage by clicking on 'Concerns & Suggestions'.

Recipes for Holiday Safety

Thanksgiving is a holiday that brings friends and family together to share a good meal.

With Thanksgiving comes travel and crowds, as well as an increased risk of spreading the flu. Other potential health hazards include fires and food poisoning.

According to the Department of Homeland Security (DHS) and the Centers for Disease Control and Prevention (CDC), you can take these measures to prevent the spread of flu:

- Get a flu shot.
- Wash your hands regularly, for 20 seconds each time.
- Stay home if you have flu or flu-like symptoms.
- Cover your mouth if you cough or sneeze, preferably into your elbow or a handkerchief.

To avoid cooking fires, consider the following Thanksgiving safety tips:

- Avoid loose clothes with long sleeves when cooking.
- Use a fryer outside when deep frying turkey.
- Keep fryers away from moisture to avoid burns from steam and oil.
- Never leave the kitchen unattended while cooking items on the stove.
- Ensure all burning materials (burners, candles, etc.) are out when you go to sleep.



Reminder: Properly thawing your turkey

Eating undercooked turkey is another health hazard. If a turkey is thawed at a temperature above 40 degrees Fahrenheit, salmonella or other bacteria that cause food poisoning can grow.

Safely cooking a turkey starts with the following three methods for defrosting:

- Thaw in the refrigerator---one day for every 5 pounds.
- Submerge in water in a leak-proof package---30 minutes for every pound.
- Microwave following the manufacturer's instructions.

Conserving Energy

It's heating season again and it's a great time to think about conserving energy and reducing heating costs. The furnace is typically the largest energy consumer in most homes.

- If health permits, keep thermostat at 68°F or below.
- Lower thermostat at night, and when you're gone (55°F lowest setting).
- Install a setback thermostat to automate the process.
- Check the furnace filter once a month. Change or clean when dirty.
- Have a professional tune-up of your heating system every other year.
- Replace your older, 60% efficient furnace with one of at least 90% efficiency.

