

THE PORCELAIN PRESS

December Weeks 1 & 2

Special Points of Interest

- One more month of “Accelerate to a Healthy Lifestyle”! Go to the ES&H Web page, log minutes and win prizes!
- Free weekly Tai Chi Classes are ongoing at Fermilab. For a great way to reduce stress and stay in shape, contact Seton Handville at shandvi@fnal.gov or at x2152.
- An ESHS sponsored One Day Executive Level NEPA Training Course will be held on Thursday, Dec. 9th in WH 1 West. Come and learn about this law that applies to all Federal activities and projects. For more information contact Teri Dykhuis at dykhuis@fnal.gov or call X-3607.

ES&H Concern or Suggestion?

Talk to your supervisor or SSO or submit ideas from the ES&H homepage, click ES&H Concerns/ Suggestions in the lower left hand column.

Influenza

Also known as the "seasonal flu" or flu, influenza is a serious and contagious respiratory illness that's caused by the influenza virus. Symptoms can range from mild to severe, sometimes leading to pneumonia, bronchitis, and ear infections. Some groups are at a higher risk than others, including the elderly, young children, and people with certain health conditions.

You may have the flu if you have some or all of these symptoms: fever, runny or stuffy nose, sore throat, fatigue, cough, body aches, headache, chills, diarrhea, vomiting.

Here are some measures to limit the spread of flu:

- Get a flu shot.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water or alcohol-based cleaner.
- Avoid touching your eyes, nose and mouth.
- Try to avoid close contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone.



Norovirus

There has been a recent surge in “stomach flu” cases at Fermilab, as well as at local schools. This illness is caused by a norovirus infection that also goes by the names viral gastroenteritis and Norwalk-like viruses (NLVs). This is not influenza, which is a respiratory illness. The symptoms of norovirus illness usually include nausea, vomiting, diarrhea, and abdominal cramping.

Persons who are infected with norovirus should seek medical help. They should not prepare food while they have symptoms and for at least 2-3 days after they recover from their illness. Food that may have been contaminated by an ill person should be discarded.

- You can decrease your chance of coming in contact with noroviruses by following these preventive steps: Frequently wash your hands, especially before eating or preparing food.
- Carefully wash fruits and vegetables, and steam oysters before eating them.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash items that may be contaminated with the virus.

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December

Weeks 3&4

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Holiday Stress

A time of festivities, shopping, entertaining, religious observances, family gatherings, and decorating, the holiday season can be full of excitement and promise. However, with this time of year inevitably comes stress.

For many, the first signs of holiday stress emerge around Halloween, when stores start stocking shelves with Christmas decorations and candies. People begin to feel the clock ticking and that there is not enough time to fit everything in. We often have higher expectations for this time of year than for any other, which places even more pressure on us and increases the likelihood we may end up disappointed.

Signs of stress may include feeling impatient, appetite disturbance, crankiness, sleep difficulty, worry, and depression. Some people also experience physical symptoms such as muscle tension, headache, fatigue or stomach aches. Children are not immune to this stress. Parents set the pace for their kids, and they too can feel the sense of urgency.

Consider the following measures to control holiday stress:

- Let go of unrealistic expectations. Don't worry about things out of your control.
- Exercise. A few extra minutes of exercise a day can benefit your overall health.
- Eat Nutritional food. Decrease the amount of fat and sugar you eat.
- Try to get eight hours of sleep each day.
- Problem solve with people around you. Ask them to help you alleviate stress.
- Simplify; Laugh. Laughter reduces stress and prolongs quality of life.
- Watch a comedy, read a funny book or hang out with giggling children.
- Meditate or take a class in relaxation and stretching techniques --like Tai Chi or Yoga.
- Get a massage. A massage can be beneficial for the mind and body.



Slipping On Ice

Remember: slipping on ice or snow is a major cause of winter accidents at Fermilab. Below are a few suggestions from ES&H personnel to help prevent these accidents:

- Avoidance and/or removal are the obvious keys to prevention.
- Be aware that icy patches can thaw during the day and refreeze at night.
- Watch for this problem on slopes where run off from melting has occurred.
- Repeated treatments with salt and/or sand may be needed.
- Building managers should keep containers of salt near building entrances.
- Building occupants should toss salt onto ice and snow near entrances.
- Take smaller flat-footed steps and wear appropriate footwear.