

# The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES



A Quality Assurance Bulletin

DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

## WINTER 2017

=====

### IN THIS ISSUE

#### COLD or FLU

Know the Differences

#### HOLIDAY SAFETY

Stay Alert

#### PREVENT CHOKING

Be aware

#### DENTAL CARE

Put a smile on your face

#### FRAUD and ABUSE

### State of Arizona

Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at 602-542-0419; TTY/TDD Services: 7-1-1. Free language assistance for DES services is available upon request. • Ayuda gratuita con traducciones relacionadas con los servicios del DES está disponible a solicitud del cliente.

## COLD and FLU SEASON

Sometimes we mistake the common cold for the flu.

### The common cold will cause:

Headache  
Stuffy Nose  
Sneezing  
Sore Throat  
Dry Cough

### The flu (influenza) will cause:

Headache  
Stuffy Nose  
Sneezing  
Sore Throat  
Dry Cough



*and*

High Fever  
Body Aches and Pains  
Extreme Exhaustion  
Chest Discomfort

### Common Cold Facts:

Caused by bacteria  
No vaccine available

### Flu Facts:

Caused by virus  
Yearly vaccine available

### PREVENTION:

The best way to prevent the flu is to get a yearly flu shot. Everyone 6 months or older should get a flu shot. Both colds and the flu can also be prevented by avoiding close contact with sick people, good hand washing, getting plenty of rest, and eating a healthy diet. Prevent spreading the cold and flu by covering your mouth when coughing or sneezing, washing your hands often, and staying home if you are sick.

### Who is at a high risk for complications?

The elderly and very young as well as people with health issues are most likely to develop pneumonia, vomiting, dehydration, and other life-threatening complications.

### When is emergency or immediate medical care needed?

Seek immediate or emergency (911) medical care if a person has difficulty breathing, becomes dehydrated, dizzy, confused, vomits, cannot eat or drink, or has a change in their alertness level. If a person who has the flu or a cold is not getting better or you become concerned, contact emergency medical care or the primary care provider.

✦ Call 2-1-1 for more information on the flu and flu shot clinics.

✦ Visit [www.StopTheSpreadAZ.org](http://www.StopTheSpreadAZ.org)

This information resource is from the Arizona Department of Health Services. Submitted by the Arizona Department of Economic Security, Division of Developmental Disability, Health Care Services EPSDT/MCH Coordinator, Kimberly K Clark, RN BSN

## HOLIDAY SAFETY

### Stay Alert!

Original article by  
Pauline Selmer  
DISTRICT SOUTH  
QUALITY ASSURANCE MANAGER

Once again the Holiday Season is beginning and finds us in the midst of the biggest shopping days of the year! Many of the individuals we serve also enjoy opportunities for holiday shopping. Their safety, as well as ours, is of primary importance!

The mere thought of "shopping" most likely elevates excitement for most of us! Please keep the following brief safety reminders in mind:

#### PRE-PLANNING:

Prior to departure, staff should review every detail of the trip regarding appropriate supervision, meeting places, security, individuals' special needs, and emergency contact information.

#### TRANSPORTATION:

Ensure that vehicles are safe and working properly. Refer to the agency's maintenance checklist for any additional functioning requirements and safety equipment. Always walk around the vehicle before departing from any location to make certain no one has been overlooked while boarding.

#### INDIVIDUAL SAFETY:

Review your agency's safety protocol for events and activities. During the Holidays, crowded parking lots, malls, and shopping centers can be distracting and especially challenging! To ensure everyone's safety, keep the following in mind:

- Never leave people unattended.
- Never let individuals wander off without staff supervision. Many of the individuals we serve lack "stranger-danger" and other safety skills.
- Upon arrival, make certain no one is left in the vehicle.
- Watch for moving traffic.
- Never leave a vehicle running.
- Always lock your vehicle.

Everyone's safety is of primary importance! Predators and thieves look for easy targets, especially during the holidays when you may become distracted. **Stay Alert!**



## PREVENT CHOKING

Choking is when a person cannot breathe because food or another item is stuck in their throat. This stops the person from getting air in their lungs.

If a person is choking they might:

- Put their hands on their neck or look panicked
- Stop talking or eating
- Cough, wheeze or increased spit
- Become unconscious
- Have pale or bluish lips and/or nails

**Call 911 IMMEDIATELY if you think someone is choking**

#### PREVENT CHOKING:

- Have quiet, seated mealtimes with supervision
- Do not walk, run, or play while eating
- Do not eat or drink in a moving vehicle
- Watch people who swallow non-food items (batteries, bolts, plastics, etc.)

The following foods can cause choking. Serve these with care:

- Hard Candy • Hot Dogs/Sausages • Popcorn  
Nuts & Seeds • Peanut Butter
- Sticky Foods (marshmallows, fruit roll-ups, gel candy, etc.)

The Quality Management Unit provides a general information "Choking Prevention Presentation" to providers and support coordinators. This is not a substitute for CPR/First Aid training.

To schedule a presentation, email or call Jill Lewis RN at [JLewis3@azdes.gov](mailto:JLewis3@azdes.gov) or call 602-771-8133.

## DENTAL CARE

### Put a smile on your face

Looking for low cost or free dental care?

- Free dental service by CADS MOMs for children & adults. 2 days only on the AZ State Fairgrounds December 8th-9th, 2017. Doors open at 6am.
- Thrive to Five - Free Fluoride Varnish Treatments and Oral Health Screenings for children birth to age five. Kyrene area of the East Valley. Contact [Thrivetofive.org](http://Thrivetofive.org)
- Carrington College - Mesa - Free dental appointments to select people by instructors and supervised students. [480-717-3510](tel:480-717-3510)
- A.T. Still University - East Valley between Power and Recker. Contact [480-248-8100](tel:480-248-8100) for more information.
- Fortis Dental College - 8th St. and Van Buren. Reduced cost dental service for uninsured or fixed income. Provided by supervised students. Contact [602-314-8565](tel:602-314-8565)
- Midwestern University Dental College - 30% to 50% reduced price. Located in the West Valley. Contact [623-537-6000](tel:623-537-6000).

Contact [AZDA.org](http://AZDA.org) for a list of reduce fee clinics throughout AZ.

**The Safety Net**

is presented by Division of Developmental Disabilities' Central Office Quality Assurance Unit. Articles are researched and compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Jill Lewis at [JLewis3@azdes.gov](mailto:JLewis3@azdes.gov) or 602-771-8133.