

The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES



DEPARTMENT OF ECONOMIC SECURITY

A Quality Assurance Bulletin

Your Partner For A Stronger Arizona

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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.

PREVENTING INFLUENZA (The Flu)



WHAT IS THE FLU?

The flu is a disease caused by a virus. It is easily passed from person to person. The "influenza" or flu virus comes on suddenly and can cause mild or severe symptoms, and can lead to death. It infects the nose, throat, and lungs. Young children, older adults, and people with serious health problems are more likely to have a "severe" case of the flu.

WHAT SHOULD I KNOW ABOUT THE FLU?

Flu season peaks from October through March. The flu is contagious (you can infect others) from one day before the symptoms up to seven days after the symptoms. Not everyone has the same signs and symptoms of the flu. Symptoms of the flu can include vomiting, diarrhea, fever, chills, cough, sore throat, runny or stuffy nose and headache. Sometimes the flu can cause your whole body to ache.

- **The best way to prevent the FLU is getting your yearly FLU shot.**
- **The best way to stop the spread of the FLU virus is hand-washing and cleanliness.**



HOW CAN I PREVENT GETTING THE FLU?

The best way to prevent the flu is to get a flu shot (vaccination) every year. Each year the flu vaccine is made to cover the types of flu viruses most likely to be in the environment. You cannot "get" the flu from a flu shot because the viruses in the vaccine are "dead" and cannot cause infection. Some vaccines do not have any virus material in them at all.

WHERE CAN I GET A FLU SHOT?

Most health plans (insurance companies) will pay for a flu shot. Check with your doctor's office to set an appointment for a flu shot. Make sure the office has the vaccine available. If you go to a community event such as flu shot stations at a pharmacy or grocery store, they may be able to bill your health plan. Some events provide free flu shots or charge a small fee for the flu shot.

WHAT ELSE CAN I DO TO PREVENT GETTING THE FLU?

You can help prevent the flu by using these good health habits:

- Avoid close contact with sick people.
- Stay home if you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Wash your hands often.
- Avoid touching your eyes, nose, and mouth where infections easily get started.
- Disinfect surfaces using 10 parts water to one part bleach mix and change solution daily.
- Get plenty of sleep and rest.
- Eat a healthy diet with plenty of fruits and vegetables.
- Get enough fluids (water) every day.

Get more information about the flu and flu shots at: <http://www.cdc.gov/flu/keyfacts.htm>

Holiday Safety



Stay Alert! Be Safe!

The Holiday Season is beginning and we will be in the midst of the biggest shopping days of the year! Many of the individuals we serve enjoy opportunities for holiday shopping. Their safety, as well as ours, is of primary importance!

The thought of "holiday shopping" can elevate excitement and anxiety for many of us!

Please keep the following safety reminders in mind:

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

TRANSPORTATION: Ensure that vehicles are safe and working properly. Refer to the agency's maintenance checklist for any functioning requirements and safety equipment. Always walk around the vehicle before departing 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, parking lots, malls, and shopping centers can be distracting and challenging! To ensure everyone's safety, keep the following in mind:

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

Predators and thieves look for easy targets, especially during the holidays when you may become distracted. Stay alert and be safe.

Original article by Pauline Selmer

NOVEMBER IS CHOKING PREVENTION AWARENESS MONTH

During the Holiday Celebrations from October through December the risk of choking increases. With parties and events the holidays are a social time and people become distracted while eating and drinking. The foods served over the holidays also increase choking risks like hard candies, caramel, meat and cheese platters, and fruit.

Many members may have a diagnosis that increases their risks for choking, like PICA, cerebral palsy, epilepsy and autism. It is very important to know and follow your member's choking risks to maintain their safety.

The Quality Management Unit offers a "Choking Prevention" presentation to providers and Support Coordinators. While this is not a substitute for CPR/First Aid training, it is good general information. To schedule a presentation, contact Connie Thompson, RN, at Cthompson@azdes.gov or call 602-771-8119.

When Someone is Choking Remember to

CALL 9-1-1 IMMEDIATELY!

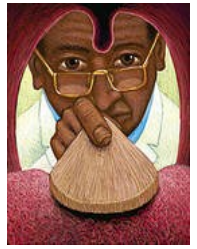


is presented by the Division of Developmental Disabilities' Quality Management Unit. Articles are compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Connie Thompson, RN, at Cthompson@azdes.gov or 602-771-8119.

THAT BUG MAY NOT BE THE FLU! NUMEROUS OTHER "WINTER" VIRUSES

—Annette Lammon-Belcher, R.N.
HEALTH CARE SERVICES MANAGER

During the winter months many people will become sick with generalized symptoms of headache, sore throat, fever, cough, nausea/vomiting and generally not feeling well. People will often state they have the "flu" — even if they had a flu shot.



The fact is that there are many viruses that go around during the winter months that have the same type of symptoms and may not be the flu.

Respiratory syncytial virus (RSV) is a very common virus that leads to cold-like symptoms in adults and older healthy children. It can be more serious in young babies. The infection can occur in people of all ages and symptoms vary with age.

Adenoviruses are common viruses that can cause illness in humans and can cause respiratory conditions. The viruses may also cause fever, diarrhea, pink eye (conjunctivitis), bladder infection (cystitis), or rash illness. Infants and people with weakened immune systems or existing respiratory or cardiac disease are at higher risk of getting sick from an adenovirus infection.

Human metapneumovirus can cause infections in the upper and lower respiratory tract in people of all ages. Upper respiratory tract infections include colds, while lower respiratory tract infections include pneumonia or bronchitis. Most people with hMPV infection have mild symptoms. But some people have more severe illness, with wheezing, difficulty breathing, hoarseness, cough, pneumonia, and a flare-up of asthma.

The viruses mentioned are just a few that may be circulating. It is best not to self-diagnose. The best way to identify some of these viruses is by a lab test performed by a doctor. If a high fever and/or severe vomiting and diarrhea persists for more than 24 hours, then a trip to the doctor or urgent care is recommended for diagnosis and treatment. Source and for more information: cdc.gov



BED BUGS

The no GOOD, BAD and the UGLY

Bed bugs are small, brown and flattened bugs. The adults are about the size of a watermelon seed. They feed on the blood of people and animals. They feed at night and hide during the day.

You would find bed bugs in box springs, mattress seams, behind headboards, along the edge of carpets, in cracks, in joints of bed frames, peeling wall paper, electrical outlets and clutter around the bed. Bed bugs tend to live within eight feet of where people sleep.

Bed bugs are not a health hazard and are not know to spread disease. Their bites may cause itching and a loss of sleep. The itching can lead to scratching that can cause a skin infection.

Having bed bugs is NOT a reflection of a person's cleanliness or economic status. Bed bugs hitch rides on suitcases, back packs, bed rolls, used furniture, cardboard boxes and clothing. Signs of bed bugs include seeing the bugs, seeing dark spots (blood, stool) along mattress seams and unexplained bug bites on exposed skin.

How do you get rid of bed bugs? Hire a professional pest control company if possible. If doing your own pest control, make sure to use pesticides that are for indoor use. Bleach and ammonia do not kill bed bugs. Move furniture away from walls and get rid of clutter. Seal cracks and place mattresses and box springs into protective covers. Wash clothing and bedding and dry in hot temperatures. Vacuum the bed/frame, dressers, walls, furniture and anywhere bed bugs hide.

NEVER spray mattresses, bedding, people or animals with pesticide!

Source: <http://www.cdc.gov/parasites/bedbugs/faqs.html>

by Connie Thompson RN, QMU Performance Improvement Nurse