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Business & health

ADDRESSING PUBLIC HEALTH IN THE WORKPLACE

STEPS TO FIGHT THE FLU

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010-2011 season vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for

health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- 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. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.



2010 SEASONAL FLU CLINICS

Palmer Center Flu Clinic
218A N Pleasant Street
Thursday, October 7th
10 a.m.– 12 p.m.
Tuesday, October 12th
9 a.m.– 12 p.m.

Osage Trail Flu Clinic
2101 N Twyman Rd
Thursday, October 14th
4 p.m.– 7 p.m.

Graceland Flu Clinic
1401 W Truman Rd
Thursday, October 21st
8 a.m.– 12 p.m.
No Pre-Registration

Walk– In Clinics
515 S. Liberty
Monday & Wednesday
9 a.m.– 4p.m.

Cost: \$20 or Medicare Part B
Injection and nasal spray available

Register online at www.independencemo.org/health



BRING YOUR GREEN TO WORK

The small steps you take at work to save energy can make a big difference in the fight against global warming. Organizations across the country are working with EPA to improve the energy performance of the building we work, shop, play and learn.

Some small steps include:

- Enable power management settings on your work computer and monitor so they automatically enter a low power mode when not in use.
- Replace the light bulb in desk lamps with compact fluorescent light bulbs (CFLs). The light bulbs use about 75% less energy than incandescent bulbs and last up to 10 times longer.
- During cold weather, take advantage of the sun's warmth by keeping blinds open during daylight hours.
- Even when turned off, electronic and IT equipment often use a small amount of electricity when plugged in. Use a power strip as a central "turn off" point when you are done using office equipment to completely disconnect the power supply.
- Create a green team with your coworkers to help save energy and reduce office waste.

OFFICE EQUIPMENT

Buy energy-efficient equipment

- Look for the ENERGY STAR® logo when you buy a computer, printer, copier, or other equipment for your home. ENERGY STAR products meet superior energy efficiency standards.

Consider buying an all-in-one fax machine/photocopier/printer/scanner

- Evaluate all-in-one options; save money and resources by purchasing one machine instead of four.

Make your printer environmentally friendly

- Choose a "duplex" printer that prints on two sides or set your current printer's defaults to double-sided printing.
- Save ink or toner by using the "fast draft" option included in most word processing programs.

Choose less toxic or rechargeable batteries and dispose of spent batteries properly

- Reduce the potential threat to human health and the environment by properly disposing of batteries.



Public Health
Prevent. Promote. Protect.

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