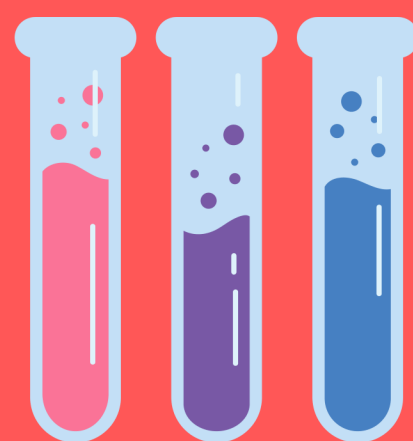




# EMPLOYEE WELLNESS NEWSLETTER - NOV. 2023

## NOVEMBER IS NATIONAL DIABETES MONTH



### WHAT IS DIABETES?

A chronic condition characterized by increased levels of blood sugar, which leads over time to serious damage to your body

### NORMAL LEVELS

A1C: less than 5.7%  
Fasting Plasma Glucose (FPG): less than 100 mg/dL  
Oral Glucose Tolerance Test (OGTT): less than 140 mg/dL



### A BALANCED DIET

Your meal should include:

- Fruits & vegetables
- Lean meats & plant-based sources of protein
- Less added sugar
- Less processed foods



### EXERCISE MORE

With diabetes, your weight can increase your risk for heart disease, kidney disease, & stroke.

## PREVENTION & MANAGEMENT IS KEY!



### FACTS

- 1 in 4 US adults with diabetes don't know they have it.
- 37.3 million Americans are living with diabetes
- 96 million US adults have prediabetes.

## AM I AT RISK?

Take this 60-second Type 2 Diabetes Risk Test!

[diabetes.org/diabetes-risk-test](https://diabetes.org/diabetes-risk-test)



## TAKE CHARGE OF YOUR HEALTH!

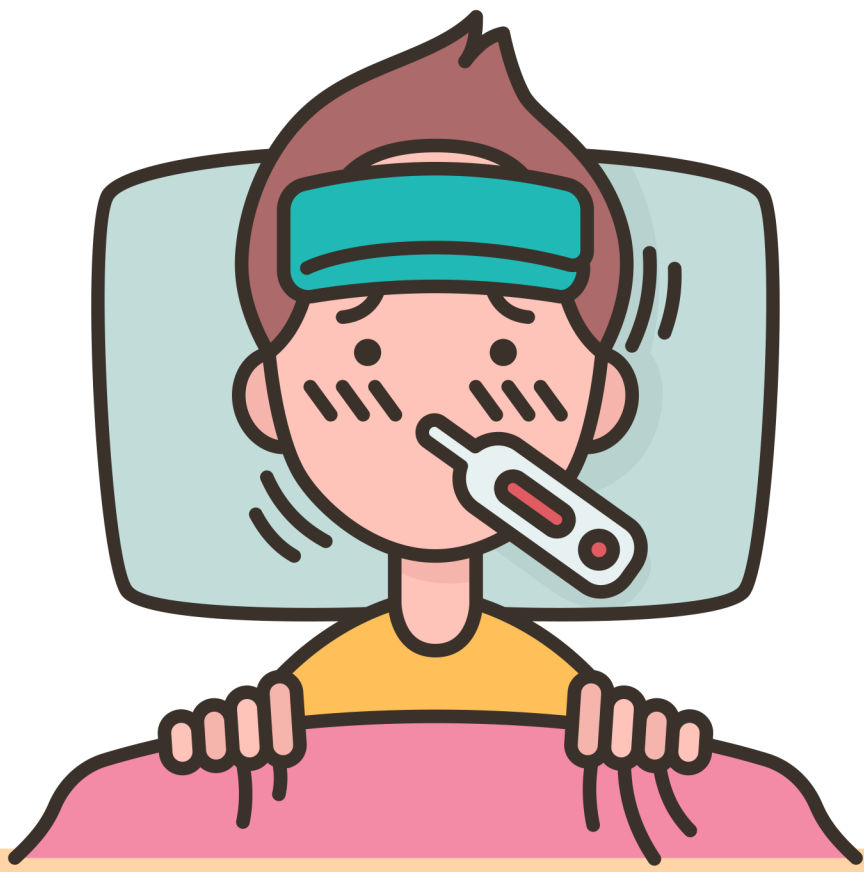
A diabetes diagnosis doesn't define you. There are resources to help you live a healthy life.

Visit: [diabetes.org/health-wellness](https://diabetes.org/health-wellness) for more info.

Sources: American Diabetes Association - [diabetes.org](https://diabetes.org)

Centers for Disease Control and Prevention - [cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm](https://cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm)



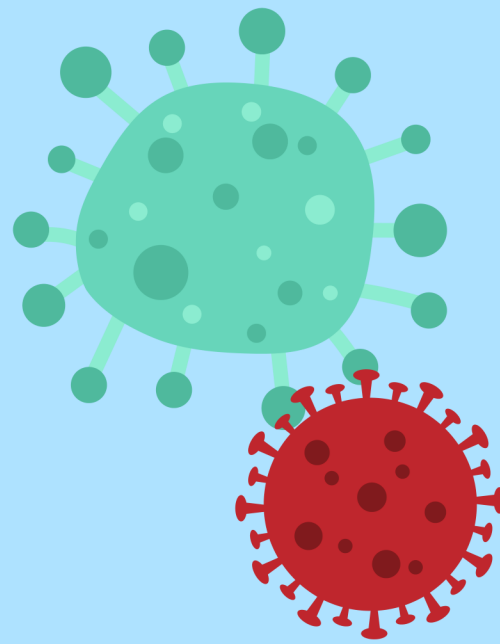


# FLU SEASON (OCTOBER-MAY)

## COMMON FLU SYMPTOMS

- fever\* or chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- nausea/vomiting

\*IT'S IMPORTANT TO NOTE THAT NOT EVERYONE WITH FLU WILL HAVE A FEVER



## STOP THE SPREAD!

Cover your cough & sneezes.  
Wash your hands often with  
soap & water.  
Wear a mask if you're sick.

## FLU VACCINE = PROTECTION

Recommended for  
everyone 6 months &  
older every year.



Delano Public Health  
offers **FREE** flu shots  
every Wednesday!

## IS IT A COLD OR FLU?

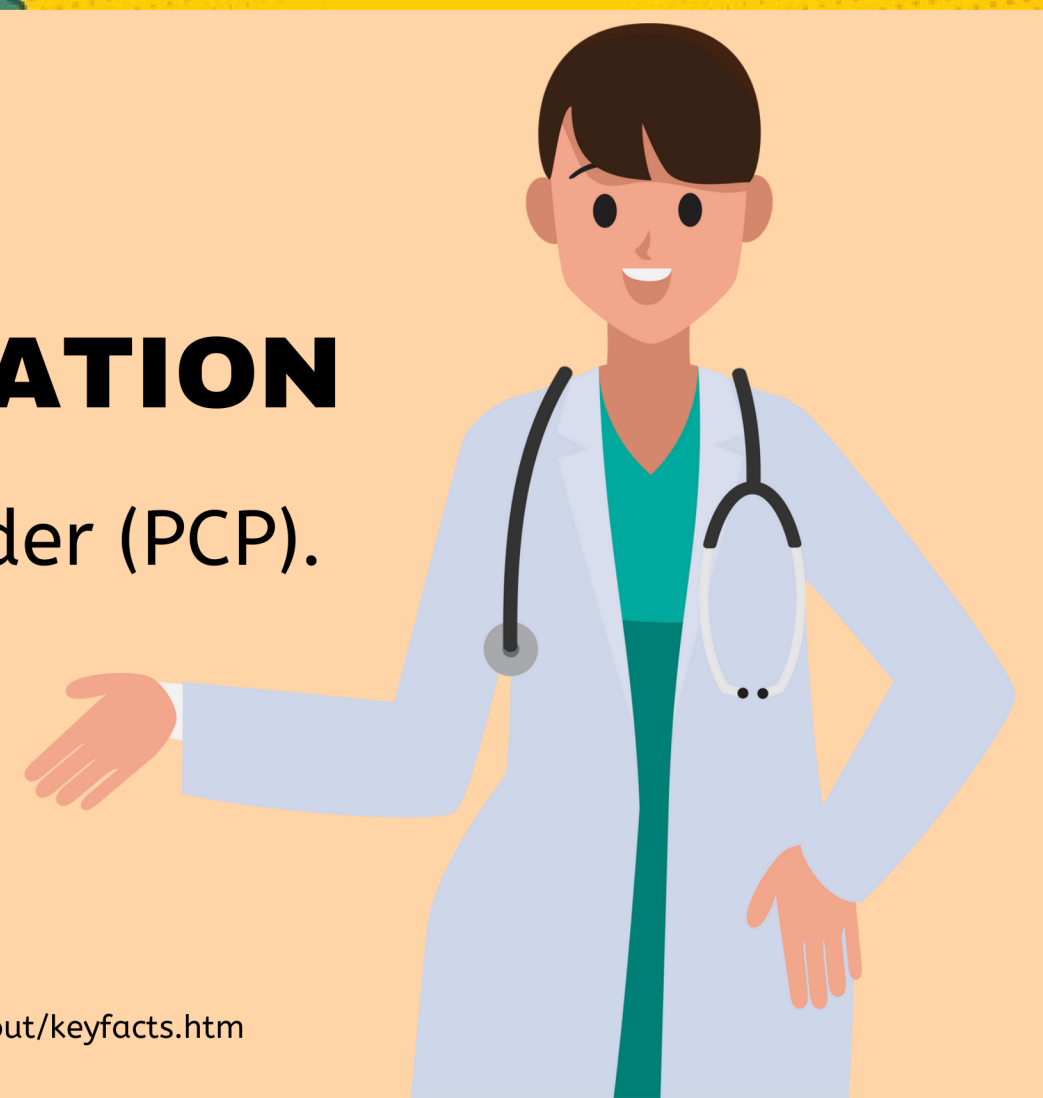
SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



## FOR MORE INFORMATION

Visit your primary care provider (PCP).



Sources

Center of Disease Control and Prevention: <https://www.cdc.gov/flu/about/keyfacts.htm>

## Clean hands

Use warm water and soap to wash your hands for at least 20 seconds. If you don't have soap and water, use **alcohol-based sanitizer** or disposable hand wipes.



## Cover coughs & sneezes

Keep a box of tissue and/or masks in your office or classroom in case you or anyone else needs to sneeze, cough, or blow their nose.



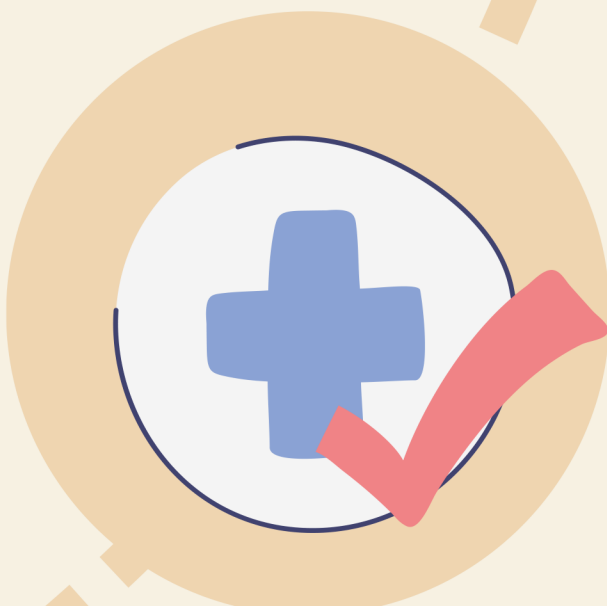
## Wipe down surfaces

Clean shared surfaces and equipment (such as doorknobs, desks, keyboards, etc.) often with disinfectants.



## No sharing

Don't share things like food, utensils, beverage containers, lip balm, or anything else that might be contaminated with respiratory germs.



## Stay home

Stay home when you are sick and follow up with your healthcare provider as needed.



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