

Employee Wellness Newsletter

Dec. 2023

Winter Dangers

Hypothermia

A condition of having an abnormally and/or dangerously low body temperature. It is caused by prolonged exposures to very cold temperatures.

Warning Signs

- Shivering
- Memory Loss
- Exhaustion
- Slurred Speech
- Confusion
- Drowsiness

If you noticed any of the signs above, take the person's temperature. If it's <95°F, seek emergency medical help ASAP!

Frostbite

A type of injury caused by freezing; usually affecting extremities (ex. the nose, ears, cheeks, chin, fingers, & toes). This can lead to permanent damage and/or amputation of the affected body part.

Warning Signs

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

If you notice redness/pain in any skin area, get out the cold or protect any exposed skin -- frostbite may be beginning. Seek medical care!

For more information, visit [cdc.gov/disasters/winter/staysafe/hypothermia.html](https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html)

National Safe Toys & Gifts Month

Scooters & other riding toys

Riding toys (ex. bikes, skateboards, scooters, etc.) go fast, and could be deadly. Helmet & safety gear should be worn properly at all times and sized correctly.

Electric Toys

Chargers, batteries, & adapters can pose thermal burn hazards. Pay attention warnings packaging & manufacturer instructions.

Magnets

High-powered magnet sets are dangerous and should be kept away from children. If swallowed, they can cause serious intestinal damage.

More Choking Hazard examples

- Plastic wrapping
- Deflated or broken balloons
- Small toy parts
- Crayons
- Batteries
- Broken toy pieces

For more information, visit

<https://www.stanfordchildrens.org/en/topic/default?id=toy+safety+prevention-90-P02999>

Source: <https://child-family-services.org/december-is-national-safe-toys-and-gifts-month/>



National Handwashing Awareness Week

December 5 -11



Remember to scrub your hands for at least 20 seconds!





Christmas

HEALTHIER RECIPE SUBSTITUTES

Turkey OR Lean Meats

Poultry White Meat FOR Poultry Dark Meat

Whole Wheat Flour FOR All-Purpose Flour

Spaghetti Squash FOR Pasta

Quinoa FOR Rice

Mashed Cauliflower FOR Mashed Potatoes

Greek Yogurt FOR Sour Cream

Low-fat/Nonfat Milk FOR Whole Milk

Rolled Oats FOR Dry Bread Crumbs

Whole Fruits FOR Fruit Juice

Dark Chocolate FOR Milk Chocolate

Natural Sweeteners (ex. Honey, Agave, Fruit, etc.) FOR Sugar

Source: <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/NourishInteractivehealthier-recipes-are-easy.pdf>



Upcoming Community Events

Annual Christmas Parade & Fair Christmas Photo with Mrs. Claus

Date: December 7, 2023

Time: 6:00PM - 9:00PM PST

Location: Main Street

Date: December 17, 2023

Time: 1:00PM - 6:00PM PST

Location: American Legion

729 Kensington St., Delano CA 93215

Toys for Tots

Date: December 15, 2023

Time: 8:00AM - 10:00AM PST

Location: Memorial Park

Event Description

"Delano Women's Auxillary Club present Mrs. Claus! Kids shop, photo ops. Indoor shopping, reindeer games, food & tamale contest!"

HAPPY HOLIDAYS!
FROM HEALTH
SERVICES



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