

SAFETY DISPATCH

FALL 2013



CITY OF
PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"
LUKE RAVENSTAHLL, MAYOR

CHECK IT OUT

A pumpkin is really a squash: Pumpkins are grown all over the world and are members of the Cucurbit family, which includes squash and cucumbers. They are rich in vitamin A, potassium, and are also high in fiber.

Daylight Savings Ends Sunday, November 3, 2013

Turn clocks back, sleep an extra hour and replace the batteries in your smoke and carbon monoxide detectors.

FALL HIGHLIGHTS

- **FLU SHOTS** starting in October, call 255-2403 for info
- **CITYFIT EVENTS**, City.Fit@pittsburghpa.gov:
- **WELLNESS FAIRS** starting Sept 11th, call 255-2532 for info
- **BOWLING** starts Sept 15th
- **GREAT RACE**, Sept 29th
- **BREAST CANCER WALK** Oct 12th, 8am registration
- **BASKETBALL** slated to begin early November

CHARITABLE EVENTS:

- **BLOOD DRIVES**, Dec 10th, 2013—8 am to 1 pm; Claire.Mastroberardino@pittsburghpa.gov



Seasonal Affective Disorder is SAD

SAD is depression associated with late autumn and winter and thought to be caused by a lack of light. SAD symptoms recur around the same time each year and include: Depression, hopelessness, anxiety, loss of energy, heavy, "leaden" feeling in the arms or legs, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates, weight gain, difficulty concentrating. If your seasonal depression symptoms are severe, you may need medication, light therapy or other treatment to manage your Seasonal Affective Disorder. However, there are some measures you can take on your own that may help. Try the following:

- Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Don a fashionable light hat, sit closer to bright windows while at home or in the office or move to Cabo San Lucas where it's sunny 700 days out of the year.
- Soak up the sun: Take a long walk, eat lunch at a nearby park, or simply sit on a bench and enjoy the rays. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- Shake it like a polaroid! Or a dance or other exercise that is more current. Physical exercise helps relieve stress and anxiety, both of which can increase seasonal affective disorder symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.

What's The Bottom Line?

The CDC Estimates that 1 in 10 U.S. Adults Report Depression. EAP's LifeSolutions (800-647-3327) is a no cost benefit to you or members of your household and is available 24 hours a day, seven days a week. The program enables you to address personal, relationship, job-related, and career needs in a private, confidential environment.

FALL SAFETY TIPS

Antibiotics Safety

As summer fades, children return to school where germs lurk and illnesses begin to become more common—then the little carriers bring it home to their parents who, in turn, pass it along to co-workers. Short of barricading yourself in your home armed with a toilet scrubber and a bottle of Windex*, there's not much you can do to escape.

Nobody likes being ill, and everybody wants a quick fix; however, before you go screaming to your Doctor for a prescription, remember that antibiotics cure **bacterial infections**, not viral infections such as: Colds or flu, most coughs and bronchitis, sore throats not caused by strep, or runny noses.

If you are prescribed an antibiotic, take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you. Throw away any leftover medication once you have completed your prescription.

Talk to your doctor about antibiotic resistance. With each passing decade, bacteria that resist not only single, but multiple, antibiotics--making some diseases particularly hard to control--have become increasingly widespread. In fact, according to the Centers for Disease Control and Prevention (CDC), virtually all significant bacterial infections in the world are becoming resistant to the antibiotic treatment of choice. For some of us, bacterial resistance could mean more visits to the doctor, a lengthier illness, and possibly more toxic drugs. For others, it could mean death.

Ask your health care provider about other forms of relief. It may take a little longer to feel better, but in the long-run you will be better for it.

**For the record, these won't do anything except make you look silly.*



Thunder & Lightning: Be Prepared, Stay Safe

Pennsylvania ranks in the top ten for lightening deaths and injuries. The summer months account for 70 percent of all fatalities, but fall is known for bringing some killers storms. Remember the old adage, if thunder roars, move indoors!

- Unplug any electric equipment before the storm arrives;
- Have candles or alternate lighting, and battery-operated radios available should the power go out;
- Avoid contact with any devices that are plugged in; television sets are particularly dangerous at this time.
- Avoid contact with plumbing and never take a shower, do laundry or wash dishes.



If you find yourself unable to move indoors, get in a car. If you have no option but to remain outdoors, stay away from bodies of water, avoid large trees, remove all metal objects, crouch low with your hands on your knees, and don't croak.