

# BOYD DAILY NEWS

FAMILY – FRIENDS – DAILY EVENTS – BUSINESS – ENTERTAINMENT – POLICIES

ISSUED MONTHLY

KEEPING STAFF INFORMED AND ENTERTAINED

ISSUE NO. XXIII

EMPLOYEE NEWSLETTER

JUNE/JULY 2016

## GOOD JOB!

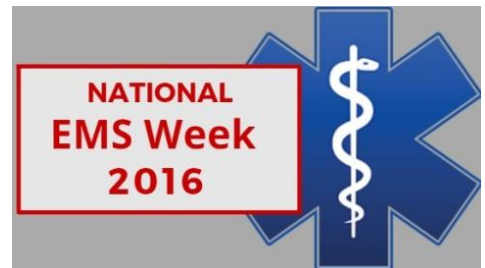
Morgan Vetter, Diana Steinacher, Maria Settles, and Erica Riechmann completed their ACLS training at the end of May; Tim Knabe, Brenda Johnson, Rhonda Bettis took the HeartSaver CPR class in May, as well!

## CONGRATULATIONS!

Mary Helen Sethaler recently completed her Food Sanitation License update with a class and testing; way to go Mary!

## EMS WEEK

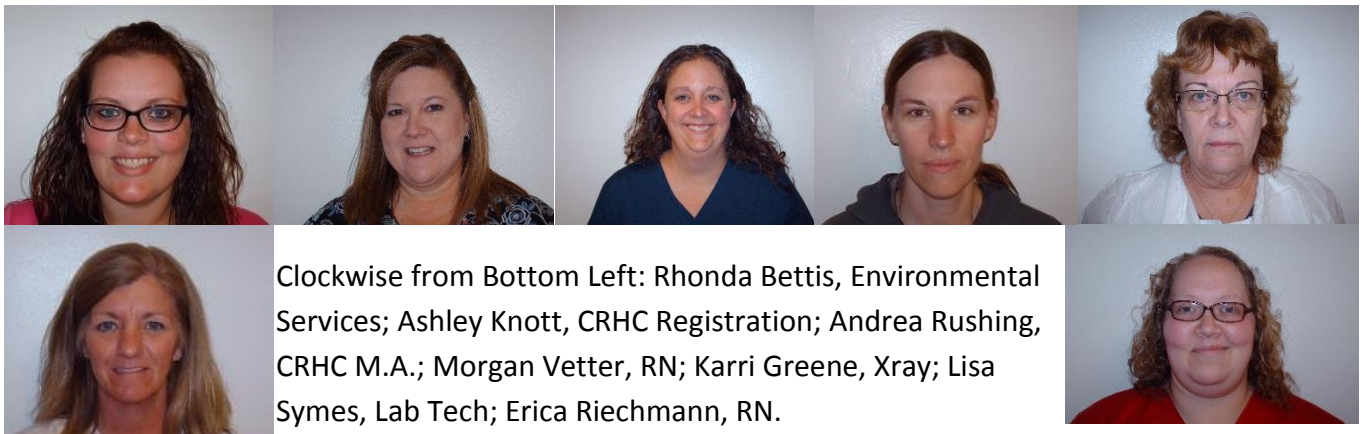
EMS week was accidentally omitted from the last newsletter, but “thank you” to everyone that helped celebrate all of their hard work during the national recognition week: May 15-21, 2016.



## CARDINALS TICKETS

CNB Bank has Cardinals tickets available for the game on Saturday, July 16, 2016 against the Florida Marlins. The tickets are in the left field area, section 269, and are on sale for \$30 each! This game is a “giveaway” game where the first 30,000 people through the gate will get replica 2006 Championship Ring! Please stop by CNB Bank to purchase your tickets if you are interested.

## WELCOME NEW EMPLOYEES!



Clockwise from Bottom Left: Rhonda Bettis, Environmental Services; Ashley Knott, CRHC Registration; Andrea Rushing, CRHC M.A.; Morgan Vetter, RN; Karri Greene, Xray; Lisa Symes, Lab Tech; Erica Riechmann, RN.

## JULY BIRTHDAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Angela Potter Kelli Camerer
3 Peggy Ballard Chris Coonrod	4	5	6	7	8	9
10 Donna DeWitt	11	12 Jenny Clough	13 Christy Pyatt	14 Linda Loellke	15	16
17 Steph Hazelwood Maria Settles Donna Berry	18	19	20	21	22	23 Robert McPherson Connie Adcock
24 Claudia Reagor	25	26	27 Denise McWhorter	28 Jane Azbell	29 Rebecca Hanel	30

## AUGUST BIRTHDAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Donna Weishaupt
2	3	4	5 Josh Martin	6 Lisa Birdsell	7 Loretta Killian	8 Veronica Gibson
9 Dennis Whitehead	10	11 Matt Tennill	12	13 Lesia Coughlin	14	15 Laura Gendron
16	17	18	19	20	21	22
23 Jenia Howard	24 Angela Derrick	25	26	27	28	29
30 Gwenda Berry	31					

## NEW EMPLOYEE INSERVICE

Beginning in June all new employees will be required to take part in an all-day in-service to get acquainted with policies and procedures of daily operations. If you are not a “new employee” but have not had this in-service and would like to attend, please let Donna DeWitt know.

## FROM THE HR OFFICE

Please remember that as an employee, it is your responsibility to let your supervisor AND Human Resources know of any changes to your address or phone number!

Please keep in mind that the time clock operates on 7 minutes – anything over 7 minutes constitutes “tardy” for clocking in and anything over 7 minutes past the hour constitutes “overtime” for clocking out. Please pay better attention to your time so we are not paying overtime for ONE minute.

## ZIKA VIRUS: Update!!

It is that time of year when everyone spends more time outdoors spending time with family and friends. This year there is added concern regarding mosquito bites because of the news surrounding Zika virus. Zika virus was first discovered in 1947 and was declared a Public Health Emergency on February 1<sup>st</sup>, 2016.

Zika virus is carried by certain mosquitoes that are not prevalent in the US and so far of the over 600 cases reported in the US all are travel related. The biggest concern with the virus is the devastating effect that the virus has when a pregnant woman is infected as it causes severe and often fatal brain abnormalities in the developing child. It has been discovered that the virus can be sexually transmitted which increases the risk to those who are or may become pregnant.

Symptoms of the virus are usually mild and may last 2-7 days. Symptoms include fever, rash, joint pain, and conjunctivitis (red or pink eye). Treatment is not usually required though complications, such as Guillain Barre Syndrome (GBS) are possible.

How can I avoid getting the Zika virus? Be aware that travel outside of the US to South American countries increases the risk of contracting the virus. Because it is transmitted through a mosquito bite prevention is important.

- a. Use insect repellent when outside
- b. Avoid going outside during the highest risk of exposure (during the day)
- c. Cover exposed skin, wear long sleeves and pants, avoid sandals or flip flops without foot coverings such as socks.
- d. Stay away from areas where there is standing or stagnate water
- e. When indoors use air conditioning and leave windows closed especially during the day.

For Health care workers caring for anyone diagnosed or suspected of being infected with the virus there is only one recommendation at this time....Standard Precautions and the diligent completion of HAND HYGIENE!



# Heat Related Stress

June 2016

## Protecting Yourself From Heat Stress

### Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash should also be avoided.

### Risk Factors for Heat Illness

- High temperature and humidity
- direct sun exposure
- no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot places

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating (dry skin)



### To Prevent Heat Illness, You should:

- Schedule frequent rest periods with water breaks in shaded or air conditioned areas.
- Routinely check those who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

### What to Do When Someone is Ill from the Heat

- Call a supervisor or person in control for help if you are at work. If there is no one available to assist you call for an ambulance using the appropriate number or 911.
- Have someone stay with the person until help arrives.
- Move the person to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the person with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**If the Person is not alert or seems confused, this may be a heat stroke. Call for ambulance transport immediately and apply ice as soon as possible.**