



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

SOURCES OF STRENGTH IN SCHOOLS

SAFETY TALK

In the link below some of Sterling High School's students were asked what different categories on the Sources of Strength wheel meant to them. You might have to vary your volume to be able to hear it all, but these students have come up with some great ideas and are loving Sources!



Click here to watch the video!



1-800-222-1222

PoisonHelp.hrsa.gov

When accidents happen with chemicals or medicine, call Poison Help (1-800-222-1222). Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away.

SEASONAL TIPS WINTER

Many people think poinsettias and Christmas cacti are poisonous. They aren't. But here are some real dangers to watch out for in winter:

Antifreeze

- Antifreeze is a poisonous liquid used in cars. It has a sweet taste. Children and animals like its taste. If even a little is swallowed, it can be harmful. It can cause kidney damage and death.
- Keep antifreeze, and all strong chemicals, in the containers they came in. Cap them tightly. Store them in a locked cabinet.
- Before throwing away an antifreeze container, rinse it with water. Replace the safety cap. Place the container in the trash.

Salt

- If eaten, salt used on driveways and sidewalks in winter can harm a pet or child.
- Store such salt with other poisons. Keep it out of reach and in a locked cabinet.

Mercury

- Avoid using glass mercury thermometers. A glass thermometer can break in a child's mouth.
- Use a digital thermometer to avoid the risk of breaking glass.
- Stay with children when taking their temperature
- Mercury is a hazardous waste. Spilled mercury should be cleaned up properly. Call Poison Help (1-800-222-1222) or your local health department for advice.

Signs of CO poisoning are similar to signs common to flu and some cold-weather viruses:

- headaches
- nausea
- vomiting
- dizziness
- confusion

To prevent CO poisonings in your home:

- Have at least one CO alarm in your home. The best places for a CO alarm are near bedrooms and close to furnaces.
- Have your heating system, vents, and chimney checked every year by experts.
- Always follow product instructions for installing and repairing appliances that burn fuel.
- Never burn charcoal inside a house or garage.
- Never use a gas oven to heat a house or apartment.
- Never use unvented fuel-burning devices in a house or apartment.
- Never run a car in a closed garage.

Carbon Monoxide (CO)

- CO is a leading cause of poison deaths. Every year, CO poisoning results in hundreds of deaths. It causes many thousands of illnesses.
- CO is a poisonous gas. It has no color, odor, or taste. All fuel-burning devices make CO. They do this mostly when they aren't working properly, or are not used in a ventilated space. CO can collect in closed areas.

Sources of CO include:

- gas furnaces
- gas water heaters
- gas stoves
- gas ovens
- kerosene space heaters
- wood and gas fireplaces
- wood-burning stoves
- power generators
- car engines

People at greatest risk for CO poisoning are:

- pregnant women
- infants
- young children
- older people
- people with diseases that affect breathing
- people with heart disease

IN CASE YOU MISSED IT

As a courtesy to others, please remember that employees using CMHC vehicles are responsible for:

- ** Keeping the vehicle free of trash or other materials not normally carried in the vehicle, including personal items. Please also clean up any spills or food remnants left behind. Please advise if the vehicle is in need of a deep cleaning.
- ** Reporting safety defects, vehicle problems, or items needed such as an ice scraper or roadside emergency kit.
- ** Returning the vehicle with no less than half a tank of fuel.
- ** Returning the vehicles and keys promptly following business use. We have staff that work outside of normal business hours and need to utilize the fleet vehicle they have checked out as well. Please be mindful of other staff that have reserved a vehicle and immediately return the keys following business use.

Monday Morning is a reminder that you can handle whatever this week throws at you!