

Safety Newsletter



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School Insurance Group

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Mental Health

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

- Number of US Adults with Mental Illness: 44 million or 18%
- Lifetime prevalence of any Anxiety Disorder: 31.6% - 42.5 million. Anxiety disorders are among the most common mental illnesses in America
- Percent of US Adults with Major Depression: 7.1% Or 17.3 million
- Percent of Youth (aged 12-17) with Major Depression: 13% - 3.1 million
- Percent of Youth with Severe Depression: 9% - 2 million. Major depression is one of the most common mental illnesses.



Adults with mental illness who did not received any mental health treatment: is 56% or 24.6 million.

According to Mental Health America, “When we think about cancer, heart disease, or diabetes, we don’t wait years to treat them. We start way before Stage 4. We begin with prevention. And when people are in the first stage of those diseases, and have a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. This is what we should be doing when people have serious mental illnesses, too. When they first begin to experience symptoms such as loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, we should act.”

“These early symptoms might not ever become serious. Like a cough, they often go away on their own, and are nothing to fear. But when they do not go away, it typically takes ten years from the time they first appear until someone gets a correct diagnosis and proper treatment.”

“This means that by ignoring them, we lose ten years in which we could intervene in order to change people’s lives for the better. During most of these years most people still have supports that allow them to succeed - home, family, friends, school, and work. So people can often recover quickly, and live full and

productive lives. Even when we don’t intervene right away, and serious mental illnesses get worse and disrupt people’s lives, we can act effectively. We can offer people choices and supports to help them recover. These include clinical services, drugs, peer supports, counseling, family supports, and other therapies that also help them manage their thoughts and emotions. These all help keep people connected to their families and their community. Intervening as early as possible preserves education, employment, social supports, housing – and brain power! It also costs less than the all-too-common revolving door of incarceration, hospitalization, and homelessness.”

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

- **Water** - one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food** - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight and Extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Consider adding the following items to your emergency supply kit based on your individual needs:

- **Prescription medications**
- Non-prescription medications such as pain relievers, anti-diarrhea medication, or antacids
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank

account records saved electronically or in a waterproof, portable container

- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil, books, games, puzzles or other activities for children



Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned **food** in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Vehicle:** In case you are stranded, keep a kit of emergency supplies in your car.

Be Food Safe – 10 Tips

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness — **Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN. Wash hands with soap and water. Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a

clean paper towel. Use a paper towel to turn off the faucet.

- **Sanitize surfaces.** Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.
- **Clean sweep refrigerated foods once a week.** At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.
- **Keep appliances clean.** Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.
- **Rinse produce.** Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE foods when shopping.

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

- **Separate foods when preparing and serving.** Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.



COOK AND CHILL. A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

- **Cook food to safe internal temperatures.** Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F.
- **Keep foods at safe temperatures.** Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).