

Road to **WELLfluent**TM

Embrace better health.

Safe Toys and Gifts Month



When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.

- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.
- Do NOT give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.
- Do NOT give crayons and markers unless they are labeled “nontoxic”.

For more information: Call Prevent Blindness America at **800-331-2020** or visit www.preventblindness.org/safe-toy-checklist

When and How to Wash Your Hands



Aside from getting vaccinated, Handwashing is one of the best ways to protect yourself and your family from getting sick. Handwashing Awareness week is December 5 – 11, learn when and how you should wash your hands to stay healthy.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound

- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

The guidance for the list of key times to wash hands was developed based on data from a number of studies. There can also be other times when it is important to wash hands.

To prevent the spread of germs during the COVID-19 pandemic, you should also wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol to clean hands BEFORE and AFTER:

- Touching your eyes, nose, or mouth
- Touching your mask
- Entering and leaving a public place
- Touching an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/ screens

Source: https://www.cdc.gov/handwashing/when-how-handwashing.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fhandwashing%2Findex.html

National Influenza Vaccination Week



National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu to be protected during the upcoming season. Vaccination is particularly important for people who are most vulnerable to developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes and heart disease.

There's so much that's beyond control this winter season. But we do have the power to get a flu shot to protect ourselves and our families from flu and its complications. Flu vaccination during the COVID-19

pandemic should be of added importance because it can help reduce the overall burden of respiratory disease and save medical resources for the care of COVID-19 patients.

Together, we can use NIVW as a nationwide call to action to encourage everyone ages 6 months and older to get their annual flu shot, especially those with chronic conditions. We hope you will join us this year as we encourage everyone — especially those most vulnerable — to protect themselves and their loved ones from flu this season.

Source: <https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm>

Happy Holidays

On behalf of all of us at AvMed, best wishes for Peace & Joy this Holiday Season. We hope the New Year brings you happiness, good health and prosperity; and we wish you and your family the very best in 2022!

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