



Public Health Update

What's New in Public Health?

Christmas Tree Safety Tips

Christmas trees are one of the hallmarks of the Yuletide season. But, before you break out the lights and decorations, check out these key safety tips:

Water Your Tree Daily

Cut off about 2 inches from the base of your tree to expose fresh wood for better water absorption.

Pick The Right Spot

Make sure your tree is placed far from any heat/fire sources and don't block any exits/doors.

Inspect Your Christmas Lights

Take a close look and test them first. Replace damaged/burnt-out bulbs and toss out any lights with frayed/damaged cords.

Avoid Overload

Don't string more than 3 string lights together and limit how many are plugged into each electrical outlet.

Lights Out

Turn the Christmas lights off before you leave your home or go to bed.



Upcoming Health Department Closures

This month, both locations of the Health Department will be closed on the following dates:

Early Closures:

- Fri. Dec. 8th - Closing at 12:00pm. Normal business hours will resume on Mon. Dec. 11th.

Full Closures:

- Mon. Dec. 25th & Tue. Dec. 26th - Normal business hours will resume on Wed. Dec. 27th.
- Mon. Jan. 1st - Normal business hours will resume on Tue. Jan. 2nd.

Handwashing Awareness Week

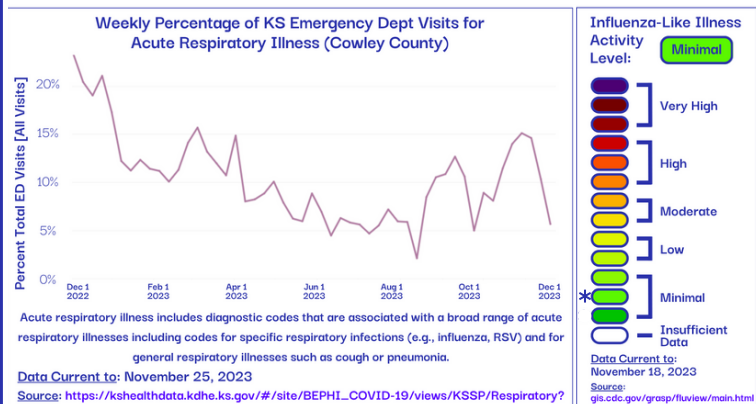
Handwashing is one of the most effective ways to stop the spread of illness. But, in order to reap the full benefits, you have to wash your hands properly! Just follow the steps below:

- **Wet your hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather your hands** by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub your hands** for at least 20 seconds, or hum the "Happy Birthday" song from beginning to end twice.
- **Rinse your hands** well under clean, running water.
- **Dry your hands** using a clean towel or air dry them.

Respiratory Illness Report

While emergency department visits for respiratory illness are down recently, we have seen a notable increase in reports for influenza-like illnesses. This uptick in activity shows that respiratory illnesses are indeed circulating throughout the county and will likely increase the further we get into winter.

We encourage everyone to get their immunizations administered as soon as possible. Full immunity can take up to 2 weeks to develop following a shot, so now is the time to act! Call the Health Department and set your appointment as soon as possible.



Illness Guidance

Stay Home - Make sure to get plenty of rest and take it easy. Your body needs time to fight off the infection and recover.

Isolate - Avoid social or group activities until you have fully recovered. This will help ensure that you do not spread your illness to others.

Get Tested - Many illnesses have flu-like symptoms. Getting tested will help ensure that we know what you are infected with.

Wash Your Hands - Keeping your hands clean will help stop the spread of illness.

Clean & Disinfect - Use an effective disinfectant to keep high-touch surfaces like countertops & door knobs clean.

Drink & Eat - Being sick can take its toll, so make sure you are staying hydrated and getting plenty of nutrition.

Take Medicine - Use over-the-counter medicines to help alleviate symptoms and rest easier.