

PLEASE RETURN YOUR COMMITTEE ASSIGNMENT FORMS

Vaccination is the best way to protect against influenza. HHC hospitals and health centers offer the influenza (flu) vaccine to children and adults at little or no cost. Call 311

16 Cardinal Rules for Snow Shovelling

1. STRETCH FIRST

Don't be in a hurry to get outside. Stretch thoroughly using the same sorts of moves that runners, mountain bikers and other athletes use. Stretch your hamstrings, stretch your back, and stretch your shoulders. Then dress in removable layers, grab your shovel and resist the urge to fly at the white stuff just to get the job done. Pace yourself. Start slowly and ramp up to speed.

2. DON'T MOVE SNOW TWICE

Before you even take your first scoop, decide where you're going to dump the snow. Drop the first shovelful farther away from where you are standing, then dump remaining snow closer and closer to where you are. That way, the last scoops that you shovel are moved the shortest distance. Don't block access to snow that needs to be removed by piling it up in a way that will force you to move it twice.

3. MOVE SNOW THE SHORTEST DISTANCE POSSIBLE

Consider that everything from a driveway to a patio to a walkway is really a rectangle, and rectangles have a center point. Move the snow from the center of the rectangle to the nearest edge.

4. CLEAR CARS FIRST

Brush snow off cars then clear around the cars.

5. DO THE FOREGROUND THEN THE BACKGROUND

For example, to clear snow from a rectangle, first shovel a strip clear along the perimeter of the rectangle. Then, moving from the center to the edge, push the snow into the cleared area. Next, lift and throw the snow out of the area.

6. MAINTAIN PROPER POSTURE:

- A. Use your leg muscles as much as possible - push snow when you can and use your legs to lift when you can't push it.
- B. Keep your back straight as you move from the squat position to the upright position.
- C. Use your shoulder muscles as much as possible.
- D. Hold the snow shovel as close to your upper body as possible.
- E. Keep one hand close to the shovel blade for better leverage.
- F. Don't twist your upper body as you throw snow.

7. KEEP HYDRATED

Take bottles of water out with you and keep them accessible, either in the car or on the front stoop or somewhere else convenient.

8. REST FREQUENTLY

Clearing an area by hand means that you may lift and carry anywhere from 100 lbs to tons of snow.

9. BE THOROUGH BUT NOT FUSSY

The sun is relatively strong this time of year. Clear an area, spread de-icer if necessary and then let the sun do the rest. The fact is, any surface color that you expose in shoveling (gray, green, brown or black) will be far less reflective than a thick blanket of snow, and remaining snow will melt more easily from that darker surface.

10. DON'T OVERDRESS

You need to stay warm, but if you overdress you're going to be soaked in sweat in no time. Dress in loose-fitting layers that you can peel off as you heat up.

11. WHENEVER POSSIBLE, TEAM UP

Shoveling with a friend or neighbor is inherently more enjoyable than shoveling on your own. Plus, it's quicker to get the job done with two or three sets of hands.

12. GO EASY ON THE DE-ICER

Once the area is clear, all you need is a thin scattering of de-icer to keep it that way. If you're scattering by hand, throw the salt, pellets or granules low along the ground so they bounce and roll into a uniform layer.

13. WHENEVER POSSIBLE, GET A HEAD START

It's easier to remove snow in thin layers than wait until all the snow is down to have at it. If it looks like your area is going to get dumped on, try to get out there and shovel it in several passes.

14. MAINTAIN YOUR EQUIPMENT

The front edge of a snow shovel takes a beating. If it's metal, hammer it straight when it gets bent; if it's plastic use a utility knife to carve off the burr that forms on its end. Tighten a loose handle by driving a large hex head sheet metal screw through the blade socket and into the handle.

15. STRETCH WHEN YOU'RE DONE

Stretch gently when you're done and use an ice pack and ibuprofen to take care of inflamed muscles. Rest and remain hydrated.

THE COMMON COLD

The common cold is the most frequently occurring illness in the world, and it is a leading cause of doctor visits and missed days from school and work.

What are the symptoms of the common cold?

Symptoms of the common cold include nasal stuffiness or drainage, sore or scratchy throat, sneezing, hoarseness, cough, and perhaps a fever and headache. Many people with a cold feel tired and achy. These symptoms will typically last anywhere from three to 10 days.

How is the common cold spread?

The common cold is usually spread by direct hand-to-hand contact with infected secretions or from contaminated surfaces. For example, if a person with a cold blows or touches their nose and then touches someone else, that person can subsequently become infected with the virus. Additionally, a cold virus can live on objects such as pens, books, telephones, computer keyboards, and coffee cups for several hours and can thus be acquired from contact with these objects.

What is the treatment for the common cold?

There is no cure for the common cold. Home treatment is directed at alleviating the symptoms associated with the common cold and allowing this self-limiting illness to run its course.

THE GOAL OF NATIONAL HANDWASHING AWARENESS WEEK IS TO DECREASE THE SPREAD OF INFECTIOUS DISEASES BY EMPOWERING INDIVIDUALS TO EDUCATE AND HELP PROTECT THEIR COMMUNITIES.

The 4 Principles of Hand Washing Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!

NO LIQUOR LICENSES REVIEWED FOR THE MONTH

DECEMBER AWARENESS MONTH AIDS

Hand Washing

Safe Toys & Gifts

Drunk & Drugged Driving Prevention

Aplastic Anemia & MDS

Seasonal Depression

Procrastination