


CSC

Hanford Occupational Health Services

Inside Out

The “Stay Healthy Challenge:” Tips, points and prizes for cold and flu prevention

They say time flies when you are having fun, right? Well we must be having fun, because the months seem to be passing by at record speed. It seems that summer just got here and now it is already time to pack up the lawnmower and the barbeque, get out the rake, and let's not forget to make some plans for cold and flu season. Though cold and flu are much more common in the next few months, being at home in bed with a box of tissues is not inevitable. There are many steps that you can take every day to stop the spread of germs and keep yourself and those around you healthy.

- Visit a [Hanford Worksite Flu Clinic](#) or your primary care provider to get your flu shot.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)



- While sick, limit contact with others as much as possible to keep from infecting them.
- Get at least 7 hours of sleep each night.
- Drink plenty of water, and eat a well-balanced, nutritious diet.
- Exercise at least 30 minutes a day, at least 5 days per week

Following these tips can help make your winter season enjoyable, energetic and healthy... And don't forget to join the [Site-wide “Stay Healthy” Challenge](#) at www.amhchallengetracker.com to earn points for taking care of yourself.

Join the Challenge TODAY!!

“STAY HEALTHY”

Site-Wide Challenge

October 3-November 10, 2011

Click [HERE](#) for more information

Invite us to be a guest at your next work group meeting.

October Featured

Presentation:

**“PREVENT
COLDS AND FLU”**

By Shannon Haselhuhn
or Kelly Harnish

Email: AHEW@rl.gov

Phone: 376-3939



WATCH FOR UPCOMING EVENTS:

October

[Site-wide Preventive Health Challenge \(starts 3rd\)](#)

[Workfit Leader Training \(7th\)](#)

[CSC Seasonal Flu Clinics \(start 12th\)](#)

[Site Health Fairs \(13th\)](#)

[Weight Loss Convoy \(Ongoing\)](#)

[Tobacco Cessation \(ends 24th\)](#)

November

[Workfit Leader Training \(4th\)](#)

[Site-wide Preventive Health Challenge \(ends 10th\)](#)

[Site Health Fairs \(10th\)](#)

[CSC Seasonal Flu Clinics \(start 12th\)](#)

[Weight Loss Convoy \(Ongoing\)](#)



Select a link or visit our website: www.hanford.gov/amh

2011 HANFORD WORKSITE FLU CLINICS

Date	Wkday	Time	Location
12-Oct	Wednesday	9:00 AM - 3:00 PM	200 East, 2101 M Cosmos/Bijou Rm.
13-Oct	Thursday	9:00 AM - 3:00 PM	Federal Building , 825 Jadwin Ave., Rm 142—Conf. Rm 152
17-Oct	Monday	7:30 AM - 10:30 AM	200 West, MO 648, 222 S Lab Area
17-Oct	Monday	11:30 AM - 2:30 PM	200 West, MO 278, Conf. Rm. A113
18-Oct	Tuesday	7:30 AM - 10:00 AM	200 West, MO 720, OPS Rm.
18-Oct	Tuesday	11:30 AM - 2:00 PM	HAMMER, Administration Bldg, Rm 29
19-Oct	Wednesday	7:30 AM - 9:00 AM	100 N, 1103N Bldg, Conf. Rm. A/B
19-Oct	Wednesday	10:30 AM - 1:30 PM	200 East, MO 511
20-Oct	Thursday	7:30 AM - 10:00 AM	200 West, PFP, MO 250
20-Oct	Thursday	12:00 PM - 3:00 PM	1200 Jadwin, Conf. Rm. B1
24-Oct	Monday	9:00 AM - 1:00 PM	200 East, 2750 E. Conf. Rm. B101
24-Oct	Monday	2:00 PM - 4:00 PM	200 West, ERDF, Bldg 6250, POD Meeting Rm.
25-Oct	Tuesday	9:00 AM - 2:00 PM	300 Area, 3760 Bldg, Conf. Rm. 101A
26-Oct	Wednesday	8:00 AM - 2:30 PM	2440 Stevens, Conf. Rm. 1200
27-Oct	Thursday	8:00 AM - 11:00 AM	200 East, 2704HV, Rm. G108
27-Oct	Thursday	12:30 PM - 3:00 PM	2620 Fermi, Conf. Rm. D109
31-Oct	Monday	7:30 AM - 10:00 AM	100K, MO 500, Conf. Rm. East
31-Oct	Monday	11:30 AM - 2:30 PM	200 East, 2101M Cosmos/Bijou Rm.
1-Nov	Tuesday	12:30 PM - 3:30 PM	300 Area, 3760 Bldg, Conf. Rm. 101A

No Cost to YOU!



Back Health & Safety

CSC HOHS Industrial Rehabilitation will be leading a workshop on Back Health & Safety at HAMMER on October 20th from 2-4 PM.



This workshop is intended for individuals, Team Leads, and Safety Representatives in need of a refresher on back health and safety and will discuss biomechanics of the back, common back injuries, workplace hazards/postures and methods to reduce back pain and prevent injuries using the Hanford WorkFit posters. Please make sure you have your manager's permission to attend this course.

Class is limited to 20 participants. For more information or to RSVP, contact [Laura Carpino @ 376-9040](mailto:Laura.Carpino@376-9040).

The national Beryllium Health and Safety Committee (BHSC) will hold its fall Semi-Annual Meeting at the HAMMER facility November 8-10, 2011. For agenda and registration information, please see the latest [BHSC newsletter](#) or contact Dr Sandy Rock: sandy_rock@rl.gov

SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT THE 200W HEALTH CARE CENTER, 2719WB
Oct. 12—Nov. 1, 2011: Monday-Friday - 5:00 pm—10:00 pm, Saturday and Sunday - 8:00 am—2:00 pm

FOR DIRECTIONS TO LOCATIONS: www.hanford.gov/AMH FLU HOTLINE: (509) 376-1000

Healthy Recipes

Riesling Baked Pears

Serves: 4

Ingredients:

- 4 ripe pears, preferably Bosc, with stems
- 2 cups Riesling or other fruity white wine
- 1/4 cup honey
- 4 cinnamon sticks
- 4 bay leaves
- 4 strips orange zest, (see Tip)

Preparation:

Preheat oven to 400°F. Cut a thin slice off the bottom of each pear, so they will stand upright. Arrange the pears in a 9- to 10-inch pie pan or similar baking dish. Whisk wine and honey in a medium bowl until well blended; pour over the pears. Add cinnamon sticks, bay leaves and orange zest to the wine mixture around the pears. Roast the pears, basting every 15 minutes, until they are wrinkled and tender, 45 minutes to 1 hour, depending on the type of pear used. Use a slotted spoon to transfer the pears to shallow dessert bowls. Pour the wine mixture into a small saucepan; bring to a boil. Boil until slightly thickened, about 6 minutes. Drizzle over the pears and garnish with the cinnamon sticks, bay leaves and orange zest. Serve warm, at room temperature or chilled.



PER SERVING:

Calories	241
Total Fat	0 g
Sodium	2 mg
Carbohydrate	43 g
Dietary fiber	4 g
Potassium	176 mg
Protein	1 g

Click here for: [Healthy Recipes](#)

Tip: Scrub the orange first—and if it's an organic orange, so much the better—then use a vegetable peeler to remove strips of orange zest, leaving behind any of the bitter white pith.