

National Immunization Awareness Month

By Tom Kauffman, Manager — Employee Health

National Immunization Awareness Month, sponsored by the Centers for Disease Control and Prevention, is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots. Immunizations aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness.

National
Immunization
Awareness
Month

Get
your
shots

healthfinder.gov

Employee, Volunteer, and Staff Immunizations:

August is National Immunization Awareness Month, and Employee Health would like to take this opportunity to increase everyone's awareness and emphasize the importance of up-to-date immunizations.

It is a good time to remind OHSU employees, volunteers and staff of immunizations which may be

necessary if they have children returning to school soon, and to also take note of your own personal immunization status. If you are uncertain or have questions about your current immunization status, we encourage you to call Employee Health at 503-494-5271. We will let you know if you are due for any updates, and if you are, schedule you for an appointment.

As healthcare professionals, it is imperative that we are responsible for caring for ourselves to reduce the spread of illness throughout the OHSU community.

Travel Immunizations:

Employee Health does not offer travel immunizations at the present time, however a number of OHSU clinics in the Metro area do, including: CHH

Family Medicine, Gabriel Park Family Medicine Clinic, County Health Departments, and the Immunization & International Travel Clinic, or you can contact your primary care physician.

Flu Immunizations:

Employee Health would also like to remind everyone that along with the beautiful colors of Fall comes the flu season as well. Approximately 72% of employees received the flu vaccine last year and while that is a fairly high percentage, we would like to see those numbers be even higher. This year we want to strongly encourage everyone who is eligible to receive the flu vaccine to get it. Information will soon be forthcoming on the fall flu clinics schedule. Please contact Employee Health with any specific questions or concerns you may have about the influenza vaccination.



For more information:

- Vaccination schedules for children, adolescents, and adults can be found at: www.cdc.gov/vaccines
- Travel vaccinations can be found at: www.cdc.gov/travel ■

Did you know...

What immunizations are new insurance plans required to cover?

If you enroll in a new health plan on or after September 23, 2010, then that plan is required to cover recommended preventive services— including recommended immunizations—without charging a deductible, copayment or coinsurance.

Make it Personal:**DRIVING OHSU VEHICLES**

In some instances, OHSU makes vehicles available to employees of Facilities, Logistics and other departments in which transport of materials or individuals is necessary. All users of OHSU vehicles and any employees driving any vehicle while working for OHSU are expected to drive safely.

Rules of the Road:

- Comply with all State and Federal laws
- Maintain a valid drivers license
- Follow speed limits and pay attention to signage and flaggers
- Always wear seatbelts — wearing them is the law!
- Never drive under the influence of alcohol or attention-altering drugs
- Yield to pedestrians
- Do not talk on cell phones while driving — with or without a hands-free device
- Secure all loads and contain hazardous cargo

**Use Your Best Judgment:**

- Maintain a safe driving record
- Yield right-of-way to avoid an accident
- Give driving your full attention and minimize distractions such as the radio and eating
- Watch for bicyclists, children, and our unique population of pedestrians in the road
- Avoid activities that could result in “road rage” reactions
- Take periodic rest breaks to reduce fatigue
- Report mechanical or safety concerns immediately and remove the vehicle from service when unsure
- Follow all departmental vehicle use policies and the OHSU Traffic and Parking on Campus Policy: http://ozone.ohsu.edu/policy/pac/chapt_7/7-20-001.htm
- Periodically review current laws at: <http://www.oregon.gov/ODOT/TS/>

Pre-Trip Inspection:

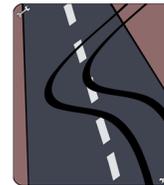
Always check for proper functioning of all major systems. It is NOT someone else’s job!

- Head lights, running lights, and backup lights
- Foot brakes, and emergency brakes
- Seat and mirror adjustment
- Tire condition
- Use a maintenance schedule that includes a fluids check

**Required Accident Response:**

Sometimes accidents are simply unavoidable. In the event of an accident, you **MUST** do ALL of the following:

- Immediately call the police (911) for all accidents that occur off-campus
- Report on-campus accidents to Public Safety (503-494-4444)



Fill out the OR DMV & OHSU Accident Reports (kept in a packet with certificate of insurance in the OHSU vehicle glove compartment) and submit both reports to Risk Management (Mail Code L328) regardless of where the incident occurred.

- If your department has provided a disposable camera in the vehicle’s glove compartment, take photographs of all vehicle damage and the surrounding accident scene (include traffic control devices, lanes of travel, intersections, road surface, vehicle point of impact/collision and vehicle resting locations)
- Get contact information of all people involved in the accident, including passengers, and gather witness names as well
- Notify your supervisor as soon after an accident as possible
- Report any employee or student injury through the OHSU Worker and Student Injury Reporting System located online at: <http://ozone.ohsu.edu/wsirs/>
- Notify Risk Management (503-494-7189) within 24 hours of the accident



For additional questions about driving any OHSU vehicle, please ask your supervisor. Environmental Health & Radiation Safety has information on defensive driving courses for those departments considering offering such training to their staff. ■

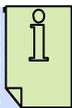
Driving isn’t the only way to get to work!

TriMet goes the distance, with discount passes available at:

http://ozone.ohsu.edu/parking/trimet/09-10_transitpass.html

The OHSU Bike Incentive Program rewards human-powered commuting with incentives, in addition to the great exercise perks:

<http://www.ohsu.edu/parking/pages/bike.html>



For a current issue of SafetyNews online, and for archives, visit:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/safety/gen/safetynews.cfm>

The SafetyTeam page is available at:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/safety/gen/safetyteam.cfm>

These pages are updated regularly. If there are OHSU resources you'd like to see linked, please send suggestions to the SafetyTeam Coordinator at: safeteam@ohsu.edu



Summer Illness Prevention:

Enjoy Great Food - Safely!

Outdoor parties and picnics can set the stage for illness when foods are not kept at proper temperatures. Keeping cold foods cold, and hot foods hot, while protected from insects helps prevent food-borne illnesses.

Safe Grilling



- Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.
- Take only as much food out of the cooler as you're going to cook right then
- When meat is cooked, transfer to a clean plate or platter, and never place cooked meat on a platter that held raw meat.
- The USDA recommends fully cooking meats to ensure bacteria are destroyed. Hamburgers and ribs should be cooked to 160°F or until the center is no longer pink and juices are clear. Cook ground poultry to 165°F and poultry parts to 180°F. Reheat pre-cooked meats until steaming hot.
- Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade and raw meat.

Transporting Food

- Make sure your cooler will keep foods at 40°F, or plan menus that are less perishable, such as luncheon meats, cheese, peanut butter, etc. Keep drinks in a separate cooler, since it will be opened more often.
- Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.
- Don't partially precook meat or poultry before transporting; if it must be precooked, cook until done then chill before packing in the cooler.
- Pack condiments in small containers rather than taking whole jars.
- Put the cooler in the inside of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.
- If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it's a long trip it may be best not to take a hot dish.
- Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.



The World's Best BBQ Sauce Recipe

Courtesy of The Neely's / Down Home with the Neelys

- 2 cups ketchup
- 1 cup water
- 1/2 cup apple cider vinegar
- 5 tablespoons light brown sugar
- 5 tablespoons sugar
- 1/2 tablespoon fresh black pepper
- 1/2 tablespoon onion powder
- 1/2 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce



In a medium saucepan, combine all ingredients. Bring mixture to a boil, then reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes. Yields 3 1/2 cups.

Questions? Ask Environmental Health & Radiation Safety:

503-494-7795

