

# Blair County Risk Management

Issue 24

Spring 2021



## Spring Brings Awareness Months



### March is Developmental Disabilities Awareness Month

Do your part to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

More information can be found at:

<https://www.nacdd.org>

<https://www.specialneedsalliance.org>

<https://www.nationaldisabilityinstitute.org>

### April is Autism Awareness Month

Light it up Blue! This April do your part to spread awareness, promote acceptance, and ignite change.

More info can be found at:

<https://www.autismspeaks.org/world-autism-month>

<https://www.autism-society.org/get-involved/national-autism-awareness-month/>



YOU ARE  
**NOT**  
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.



Welcome Spring



### May is Mental Health Awareness Month

This May, take action to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.

More info can be found at:

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>



# Springtime Reminders



You'll lose an hour of sleep on **March 14, 2021**, when we push the clock one hour forward. Daylight Saving starts at 2 a.m. on **March 14** when clocks are turned forward one hour to 3 a.m.



## St. Patrick's Day Safety Keep luck on your side

**Every 72 Minutes** alcohol-related car crashes claim a life during the St. Patrick's Day Holiday Source: NHTSA

- It Only Takes One**: One drink can cause a delay in reaction time.
- Call 911**: If you see someone driving drunk.
- Avoid Distractions**: Put your phone down and focus.
- Designate A Driver**: Make sure someone sober drives you home.

Follow us on Twitter @PCIAA #HeadsUp  
Like us on Facebook | Visit us at pciaa.net

## Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years

Age matters when it comes to your smoke alarms. Check the manufacture dates on your smoke alarms today!

- 1** Remove the smoke alarm from the wall or ceiling.
- 2** Look at the back of the alarm for the date of manufacture.
- 3** Smoke alarms should be replaced 10 years from the date of manufacture.
- 4** Put the alarm back on the ceiling or wall if it is less than 10 years old.

### It's all fun & games until some bunny gets hurt!

**CHOCOLATE & CANDY**  
Keep an eye on your Easter basket. Indulging a sweet tooth can be dangerous for cats and dogs.

**EASTER LILIES**  
Lilies are very toxic for cats and can cause vomiting or kidney failure.

**FAKE GRASS & SMALL TOYS**  
Dogs and cats can quickly gobble up small Easter items and require surgery.

ASPCA PET HEALTH INSURANCE

More pet safety tips:  
[aspcapetinsurance.com/101](http://aspcapetinsurance.com/101)

- A closed door may slow the spread of smoke, heat and fire.
- Test smoke alarms at least once a month by pushing the test button.
- Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.
- Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit [usfa.fema.gov](http://usfa.fema.gov) and [www.nfpa.org](http://www.nfpa.org).



# COVID-19 Vaccines

**Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.**



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are **very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



**The vaccines are safe.** The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

**Different types of COVID-19 vaccines will be available.** Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



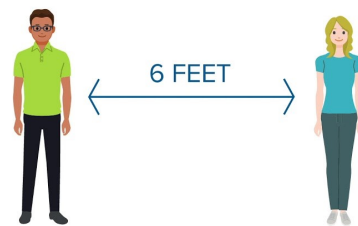
[www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. **Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emer-

**When you get the vaccine, you *and* your healthcare worker will both need to wear masks.**

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



**Even after you get your vaccine**, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and oth-**



# Organizing the Clutter



## Guide to Spring Cleaning

### Cut the Clutter

Organize your closets and donate unwanted clothing. Look through that dreaded junk drawer

### Work from Top to Bottom

When you think about how to spring clean your home, it is important to start from the ceiling down. People always clean their floors, but they typically forget about walls, blinds, and ceilings. Not all dust settles on the floor. Working from top to bottom will force debris downward and keep you from having to dust more than once. Make sure you dust your furniture and other items before vacuuming and don't forget your ceiling fans!

### Kitchen:

- clean above refrigerator
- steam clean your microwave
- clean range hood
- toss old/expired food
- clean your oven
- degrease cabinet doors & backsplash

### Living Room:

- dust & polish furniture
- wash blankets & pillows
- vacuum sofas and chairs
- dust blinds & lamp shades
- wash windows
- clean/vacuum curtains
- wipe walls
- sanitize remote controls
- scrub carpets

### Dining Room:

- dust china cabinet
- dust & polish furniture
- wipe walls
- dust light fixtures
- scrub floors / carpets
- wash windows

### Bedroom:

- clean / replace sheets
- vacuum the mattress
- wash comforters / pillows
- dust light fixtures
- wash windows
- scrub floors / carpets
- organize / declutter closet
- organize night stands and dresser

### Bathroom:

- change the shower curtain
- organize the medicine cabinet
- toss expired items
- scrub shower / bath
- dust & clean ventilation

### Laundry Room:

- clean the dryer vent and lint trap

### Don't forget about your pets

- wash / replace pet beds and thoroughly clean feeding areas

### Air Quality

- clean air vents and replace furnace / HVAC filters



IT'S  
SPRING  
TIME....  
ENJOY!



BE SAFE OUT THERE!  
RESPECT 6-FT SOCIAL DISTANCING  
RULE

ALWAYS WEAR A MASK  
DISINFECT PUBLIC PLACES  
AVOID CONGESTED LOCATIONS  
WASH HANDS OFTEN  
WEAR GLOVES

## HEALTHIER CARROT CAKE

### Dry Ingredients

- 1 1/2 c whole wheat or white flour
- 1/2 c quick oats
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt

### Wet Ingredients

- 2 overly ripe bananas- mashed
- 1/2 c coconut sugar (or brown)
- 1 large egg
- 1 tsp vanilla
- 2 Tbsp melted & cooled coconut oil
- 1/4 c unsweetened apple sauce
- 1 c heaping shredded carrots
- 1/3 c almond or coconut milk
- 1/3 c chopped pecans or walnuts, plus 2 Tbsp for topping



## Spring Activity Ideas

**PLANT A TREE**  
**PICNIC AT THE PARK**  
**PLANT SPRING FLOWER BULBS**  
**GO ON A NATURE SCAVENGER HUNT**  
**FLY A KITE**  
**TAKE NATURE PICS**  
**MAKE A BIRD FEEDER**  
**FEED DUCKS**  
**READ A BOOK OUTSIDE**  
**PICK UP LITTER**  
**PICK BERRIES**  
**LEARN HOW PLANTS GROW**  
**GO FISHING**  
**GO TO THE BATTING CAGES**  
**MAKE YOUR OWN MOTHER'S DAY GIFT**  
**PICK WILDFLOWERS**  
**GO FOR A HIKE**  
**WATCH A SUNRISE OR SUNSET**  
**CELEBRATE EARTH DAY**

**PLANT A VEGETABLE GARDEN OR PLANTER**

**MAKE A NATURE COLLAGE**  
**PLAY AN APRIL FOOLS DAY JOKE**

**COLOR EASTER EGGS**  
**TAKE A SCENIC DRIVE**  
**OUTDOOR YOGA**

**LISTEN/WATCH FOR BIRDS**  
**LOOK FOR BUTTERFLIES**  
**WATCH A BASEBALL GAME**

**GO GEOCASHING**  
**DECORATE FOR SPRING**  
**SPRING CLEAN HOME**

**TRY A VEGETABLE RECIPE**  
**GO GOLFING/MINI-GOLFING**  
**GO FOR A JOG/RUN**

### Optional Add-ins:

1/2 c raisins and/or unsweetened shredded coconut

### For the Frosting:

4 oz. cream cheese, softened-reduced fat if preferred

1/3 c powdered sugar

1/4 tsp cinnamon

1/2 tsp vanilla extract

### Instructions:

1. Preheat oven to 350 degrees. Spray cake pan with nonstick cooking spray
2. In large bowl, whisk together dry ingredients.
3. In a med bowl, mix together bananas, coconut sugar, egg, & vanilla until well combined & creamy
4. Add wet ingredients to the dry ingredients and mix well until just combined-DON'T OVERMIX. Gently fold in melted coconut oil & walnuts/pecans
5. Pour into pan and bake for 30-35 min. For cupcakes/muffins bake for 15-18 min.
6. For Icing: beat cream cheese, powdered sugar, vanilla and cinnamon together on med speed or until smooth.
7. Spread icing over cooled cake and sprinkle with remaining walnuts/pecans.
8. Enjoy!

