



Employee Assistance Program Services Newsletter

January-2007

Cold and Flu Season

The flu and common cold are both respiratory illnesses with similar symptoms caused by different viruses. The flu is generally worse than the cold and symptoms identified below (with an asterisk) are more intense for the person experiencing the flu. People with colds usually don't encounter serious health problems. The flu, in some cases, may lead to pneumonia, bacterial infections, or hospitalization.

Be Aware of Symptoms:

- Runny nose, sneezing, nasal congestion.
- Sore throat (usually scratchy).
- Dry cough.
- High fever with chills.*
- Body or muscle aches.*
- Tiredness/weakness.*
- Headache.

Preventive Tips:

- Get adequate rest to keep your energy levels high.
- Have a balanced diet to help your body stay fueled for your hectic days ahead.
- Cover your nose & mouth when you cough or sneeze to protect others from your germs.
- Avoid contact with those who are feeling ill.
- Avoid crowded, smoky environments.

Self Care Tips:

- Drink lots of fluids to avoid dehydration. Hot drinks, such as tea, may help soothe your sore throat.
- Get plenty of sleep/rest to maintain or restore your energy levels.
- Wash your hands often. This can help you avoid spreading your illness or picking one up.
- Use a cool-mist humidifier to add moisture to the air.
- Stay home and avoid contact with other people to protect them from catching your illness.
- Avoid using alcohol and tobacco.

If symptoms persist or you have concerns, contact your primary care provider.

Source: www.mckinley.uiuc.edu

Winter Driving Quiz

Brush up on your cold weather road skills by taking the following test:

True or False: Driving on mud and rain-slick pavement is just as dangerous as navigating through snow or ice.

False: Winter conditions are trickier, though the techniques for driving safely--slow speed and controlled reactions--are the same ones needed to tackle mud and rain.

True or False: When you're stuck and spinning all fours, keep the gas *light* but steady while jiggling the steering wheel.

True: Fight the urge to floor it. Over-torqued tires will only loosen mud or melt snow (which will then refreeze), making it harder to get moving. And, if the car suddenly gains traction, you can lose control.

True or False: Tapping the brakes on slick roads prevents wheel lockups and spinouts.

False: Apply steady pressure. Most newer cars have ABS with sensors and automatic pulsing; tapping will keep these brakes from working properly.

Source: Readers Digest.01-07



The Impact of Alcohol on Your Body and Your Life

Chronic alcohol use may result in:

- ◇ Reduction in life expectancy by 10 to 12 years.
- ◇ Memory loss, impaired judgment, headaches, depression, anxiety, blackouts, insomnia.
- ◇ Cancers of the esophagus, mouth and throat.
- ◇ Heart disease, stroke, high blood pressure, pneumonia and diabetes.
- ◇ Liver disease, liver cancer.
- ◇ Chronic stomach problems, gastric intestinal bleeding, diarrhea, ulcers, malnutrition.
- ◇ Impotence, reproductive disorders.
- ◇ Muscle damage, osteoporosis.

How Drinking Affects Your Life:

Your Family Life –In addition to marital problems and family dysfunction, alcohol is implicated in 3 out of 4 incidences of spousal abuse and one-third of child abuse cases.

Your work life – People who drink heavily often lose their jobs and their financial stability; over 40 percent of all industrial accidents and fatalities involve alcohol.

Your sex life – Alcohol fuels risky sexual activity and sexually transmitted diseases, unintended pregnancies and sexual contact without clear consent.

Your legal risk – Driving while intoxicated can get you arrested (about 1.5 million arrests annually), expose you to civil and criminal charges, and get your license revoked. Plus, alcohol plays a role in 40% of total criminal activity, including half of all homicides.

Your medical risk – One-third of suicides, 50 percent of all auto fatalities, and over 30 percent of other fatal non-intentional injuries (drownings, falls, etc.) involve alcohol. AssistNOW has help and information on alcohol abuse. To contact us, call 216.431.4140.

Source: www.niaaa.nih.gov



We are excited to welcome Tracy Tillotson to our team as the new Director of AssistNOW, the EAP Division of Recovery Resources. Tracy comes to AssistNOW with 12 years of experience in professional training, interpersonal communication and professional management skills. Previously, she was a professional educator with extensive experience in adult learning and has been presenting informative training sessions since 2000. Tracy's role as Director of AssistNOW includes managing our counseling services, contracts, customer relations and satisfaction, business development and new service offerings. As a professional trainer, she is very comfortable creating customized training sessions for companies based on the specific needs of their staff. Additionally, she has vast practical business experience regarding management issues and human resources support techniques that will surely benefit any company.

The entire AssistNOW staff is enthusiastic about making sure that all of your support needs are met and look forward to working with you.

Remember,
for confidential assistance call:
AssistNOW
The EAP Division of
Recovery Resources
216.431.4140
1.800.840.4654