



## Communicate Safety

Communicating about job safety and health information effectively is crucial for preventing injuries and illnesses. And it's not just your employer's job.

What's your role in safety communication?

- **Participate in training.** Volunteer for demonstrations, encourage others to volunteer, and encourage co-workers to apply the training when on the job.
- **Serve on your Safety Committees.** Be an advocate for your co-workers' safety concerns.
- **Lead by example.** Be vocal about safety every day.

Communicating is more than just talking, however. The message must be clear and received as intended. There are four keys to successful message exchange. Effective safety communication is:

1. **Interactive.** Listen to safety training, ask questions, and make suggestions.
2. **Informative.** Get and give the facts about safety procedures.
3. **Positive.** Focus on exchanging ideas and encouraging changes that will improve workplace safety.
4. **Productive.** Interact with co-workers to spread the safety message.

## Thanksgiving Day Tips

Yes, it is possible to eat hearty, yet healthy, on this traditionally food-centered holiday. Just follow these tips:

**Eat a full & healthy breakfast.**

This is a particularly good practice for the cook to help keep him or her from grazing during food preparation.

**Eat slowly.** Savor each bite, which also gives the food time to hit your stomach and give you that full feeling.

**Eat (and serve) fibrous appetizers,**

such as veggie trays or sliced fruit with light dips. The fiber helps with digestion and fills you so you're less apt to overload your meal plate.

**Drink plenty of water to help with digestion.**

Limit high-calorie beverages, such as alcohol or sweet drinks.

**Get some light exercise before and after the meal.** A

brisk walk before and a leisurely one after, but before dessert!

**Load your plate in sections.**

Fill half of it with vegetables, one quarter with protein (turkey!), and one quarter with starch (potatoes, stuffing, bread).

**Limit dessert** to one sensible-sized serving.

## YCPARMIA

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### Safety Suggestion Box

Report hazards anonymously! Go to our website at [www.ycparmia.org](http://www.ycparmia.org), and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



**Body Substance Isolation  
Transport**

## CA To Quarantine People At Risk For Ebola

According to The Workers' Comp Executive Journal, responding to the ongoing threat posed by the West African Ebola outbreak, the California Department of Public Health (CDPH) is establishing statewide protocols for quarantining suspected cases and those at highest risk of contracting and/or spreading the disease. The outbreak has already sickened health care workers in the United States and prompted Australia to completely close its borders to travelers from the hardest hit countries.

CDPH issued guidelines today outlining standard protocols for counties to use when addressing suspected cases. The guidelines carry a mandatory quarantine order "for those at highest risk of contracting and spreading Ebola," CDPH director Dr. Ron Chapman said in a news release announcing the order and guidelines. The quarantine order applies to anyone traveling to California who has traveled from an Ebola affected area and has had contact with someone who has a confirmed case of Ebola. Those travelers will be quarantined for 21 days, which is the typical incubation period for the disease.

The quarantine orders and the level of quarantine will be supervised and issued by local County health officers on a case-by-case basis. Local County health officers already have the legal authority to quarantine individuals who may have an infectious disease that threatens public safety.

CDPH spokeswoman Anita Gore says that federal Customs and Border Protection (CBP) and the CDC's Division of Global Migration and Quarantine (DGMQ) are screening travelers coming into California from the three West African countries at US ports-of-entry. "Through this process, all returning travelers are queried on possible risk exposures and recent history of signs and symptoms of Ebola, and are also checked for fever with a no-touch thermometer."

The travelers are either released after secondary screening with a kit that has a digital thermometer, fever and symptom log, or referred to CDC for additional screening with medical staff.

"The California Department of Public Health receives daily lists from the CDC with contact information for all travelers who were screened through this process and whose final destination is California," Gore says, noting that CDPH then sends this information "the same day" to the local health department responsible for the traveler's final destination.

The local health departments are then supposed to actively monitor the individual twice a day for symptoms of Ebola. "Only those that are determined to be high risk due to contact with Ebola cases are issued a quarantine order," she says.

Gore says CDPH continues to monitor the evolving CDC guidelines to relay the latest information to local health departments and health care providers via its website and direct distribution. "CDPH remains available 24 hours a day to health care providers with questions about potential Ebola patients," she adds.