

# EMC Newsletter

FALL 2023



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## Flu Season



### What you can Do to protect yourself and others

The Center for Disease control recommends that everyone get vaccinated.


Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations

### A couple of things are different for the 2023-2024 influenza (flu) season:

The composition of flu vaccines has been updated. Flu vaccines for the U.S. 2023-2024 season will contain Egg-based vaccines and Cell, or recombinant-based vaccines. These recommendations include one update compared to the 2022-2023 U.S. flu vaccine composition. The influenza A(H1N1)pdm09 vaccine virus component was updated for egg-based and cell- or recombinant-based flu vaccines. People with egg allergy may get any vaccine (egg-based or non-egg-based) that is otherwise appropriate for their age and health status.

### Projected U.S. Flu Vaccine Supply for the 2023-2024 Season

Vaccine manufacturers have projected that they will supply the United States with as many as 156.2 million to 170 million doses of influenza vaccines for the 2023-2024 season. These projections may change as the season progresses.

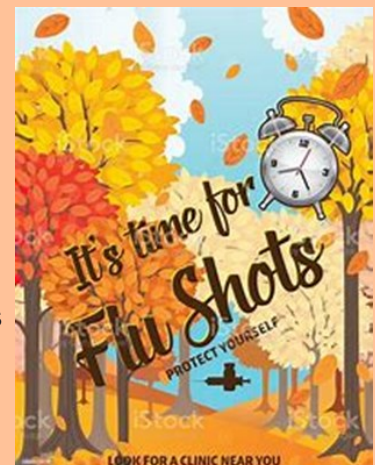
All flu vaccines for the 2023-2024 season will be quadrivalent (four-component) 

Most will be thimerosal-free or thimerosal-reduced vaccines (91%), and about 21% of flu vaccines will be egg-free.

The latest information on total distribution of influenza vaccine doses for the 2023-2024 season is available at: [Information for the 2023-2024 Flu Season | CDC](#)

LADD will not be providing the Flu vouchers this year. Over the last few years, our voucher program resulted in poor participation; we will evaluate each year going forward if the need arises, it may be put back into place.

If you have medical insurance, the vaccine should be free of charge to you at your doctor's office, local clinic, and possible pharmacies; please call to check ahead of time.



# Happy and Safe Holidays

Ghosts and goblins aren't the only things that can be scary as Halloween kicks off the holiday season. From fire hazards to online scams, following these tips can help you stay safe during the eventful time of year between Halloween and New Year's.

- Rather than a candle, consider lighting up your jack-o'-lantern with a small, battery-operated flameless one. If you do illuminate it with a traditional candle, remember to blow it out before going to bed or leaving home.
- Only use nonflammable decorations indoors.
- Whether you're making holiday cookies or the Thanksgiving turkey, practice cooking safety to avoid fires at home. Stay alert in the kitchen and turn off the stove when you leave the kitchen.
- When you shop online for holiday gifts, be cautious and avoid scams by shopping with trusted retailers. Be on the lookout for emails that seem too good to be true. Don't click on links!
- Learn the weather and climate risks for the area to which you're traveling.
- Be sure to consider how COVID-19 may affect your holiday plans. Learn about the latest **Centers for Disease Control (CDC) guidance on Coronavirus (COVID-19)** and get **county-specific updates on COVID-19 levels**.
- For more information on holiday safety, visit: [Holiday Safety Social Media Toolkit | Ready.gov](#)



## FALL BACK—TIME CHANGE REMINDER

**Nov 5, 2023 - Daylight Saving Time Ends**

Local daylight time change is  
**Sunday, November 5, 2023, 2:00:00 am** clocks are  
turned **backward** 1 hour to  
**Sunday, November 5, 2023, 1:00:00 am** local standard  
time instead.

### Daylight-saving time ends

- Turn your clock back one hour tonight before going to bed.
- It's also time to change batteries in your smoke detectors.



## Fall is Here

Each location should be completing the  
**Fall Seasonal Maintenance Checklist.**

### Check the following:

- Gutters & downspouts cleaned. Extensions secured.
- Windows washed. Storm windows installed. Screens stored.
- Check window caulking.
- Garden equipment / hoses cleaned and stored. Outside faucets turned off from Inside.
- Outdoor furniture/equipment stored appropriately.
- Shrubs trimmed. All debris (including leaves) removed from Yard.
- Cold and hot air registers cleaned and repainted if needed.
- Clean bathroom drains.
- Check Emergency 3-Day Food Supply Buckets (replace if needed)



### Test and replace batteries

Check or replace carbon monoxide and smoke detector batteries twice a year: when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.



# October is Fire Prevention Month

## 2023 Campaign

Gov. Gretchen Whitmer proclaimed October as Fire Prevention Month in Michigan to raise awareness about simple but important ways to stay safe in the event of a home fire. The proclamation coincides with the [National Fire Prevention Association's \(NFPA\) Fire Prevention Week](#) scheduled for October 8-14, 2023, with messaging aimed to educate the public about cooking safety. "To keep themselves and their loved ones safe, every Michigander should know how to prevent and escape from a fire," said Governor Whitmer. "Let's work together to make our homes safer by taking some simple, proactive steps to prevent cooking fires. Also, everyone should know two ways out of every room in the house and regularly practice their home escape plan. This month, check your smoke and carbon monoxide detectors and make sure you know how to get out in the event of a fire. Let's keep each other safe." Fatal fire statistics for 2023, Michigan show that as of September 15th, Michigan has experienced 78 fatalities resulting from 72 fires. This is a 4% decrease in year-to-date fire related deaths. Year 2022, 132 Michigan residents were killed in 113 residential fires. Fire departments throughout the state responded to approximately 14,509 residential fires, and 2,923 of those fires were cooking fires according to data gathered through the National Fire Incident Reporting System (NFIRS).

## Home fire escape planning and practicing

It is important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different.

Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!

### Smoke alarms

Smoke alarms sense smoke well before you can, alerting you to danger. Smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway), and on each level (including the basement) of your home. Do not put smoke alarms in your kitchen or bathrooms.

Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection.

For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.

## People with disabilities

More than 43 million Americans have a disability. The identity of the group of Americans with disabilities is constantly changing — at any moment we ourselves could become part of this group, for maybe a short time or maybe for a long time.

### Emergency Evacuation Planning Guide

NFPA's Emergency Evacuation Planning Guide for People with Disabilities provides information on the five general categories of disabilities (mobility, visual, hearing, speech, and cognitive) and the four elements of evacuation information that occupants need: notification, way finding, use of the way, and assistance. It also includes a checklist that building services managers and people with disabilities can use to design a personalized evacuation plan, as well as government resources and text based on the relevant code requirements and ADA criteria. For More Information go to: <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/People-with-disabilities>





## Escape planning for older adults

### Plan for your abilities:

Making a home fire escape plan for yourself and/or the older adults in your household means making plans for your abilities and home environment:

- Remove clutter in the hallways, stairways, and near exits/windows for a clear, safe path out of your home.
- Keep your walker, scooter, cane, or wheelchair by your bed/where you sleep to make sure you can reach it quickly
- Keep your eyeglasses, mobile phone, and a flashlight by your bed/where you sleep to be able to reach them quickly in an emergency.
- If you cannot escape safely, keep your door shut, place a towel or blanket at the bottom of the door and stand near the window for fire service to reach you. Call 911 to let the fire department know you are inside the home.
- If you are deaf, hearing impaired, or have trouble hearing, install a bedside alert such as a **bed shaker alarm** that works with your smoke alarm to alert you of a fire. **Strobe light** alarms can be added to your smoke alarms for a visual alert.
- For people who are visually impaired or blind, the sound of the smoke alarm can become disorienting in an emergency. Practice the escape plan with the sound of the alarm to become familiar with, and practice with the extra noise.

When looking for an apartment or high-rise home, look for one with an [automatic sprinkler system](#). For people with cognitive disabilities, work with their healthcare providers and local fire department to make a plan that works for their needs.

### Get others involved in your plan

Make your fire escape plan together with your caregiver and other family members who live/spend time in your home.

Many Fire Departments keep a directory of people who need extra help. Call your fire department to let them know who in your home may need extra help/may not be able to escape safely.



**At LADD we have a form named Emergency Worksheet located in the Emergency Guidebook. The Emergency Worksheet is completed and distributed to any applicable agencies in case of an emergency.** Examples of Agencies the form may be shared with are the Fire Department, Ambulance service, police department, etc.



## Autumn Safety Tips



### Enjoy a Safe and Healthy Fall Season

#### Get Your Flu Shot

Autumn is the start of flu season, and doctors recommended everyone 6 months and older gets vaccinated against the flu. Learn more about flu prevention and the flu vaccine.

Go to [Influenza - Flu \(michigan.gov\)](http://Influenza - Flu (michigan.gov)) for more info on flu vaccines.



#### Have No Fear! Halloween is Here

Halloween is a fun-filled time for children, but there are many dangers associated with the holiday unrelated to ghouls, goblins and witches. Parents need to take the necessary Halloween safety precautions to make sure their children remain safe while still having fun. Go to [Halloween - National Safety Council \(nsc.org\)](http://Halloween - National Safety Council (nsc.org)) for more details.



#### Drive Safely as it gets Darker

Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. As we set our clocks backward by one hour in most areas of the country, here are some tips for driving at night. Go to [Driving at Night - National Safety Council \(nsc.org\)](http://Driving at Night - National Safety Council (nsc.org))

#### Watch Your Back

This season, watch your back as you tend to your lawn, as back injuries are prone to happen while raking and collecting leaves, by following these safety tips:

Stretch: Make sure your muscles are ready for a workout

Stand up straight: Pull from your arms and legs

Relax: Rake for intervals of 10 – 15 minutes at a time, taking breaks in between

### Winter is just around the corner.

Time to stock up on ice melt.

Check snow shovels. Purchase new if necessary.

Check the vehicle seasonal kit contents for winter items.

Check that Rugs or floor mats at entry areas are in good condition.

Check the snow blower is in running condition. Purchase gas & 2 cycle oil if applicable.



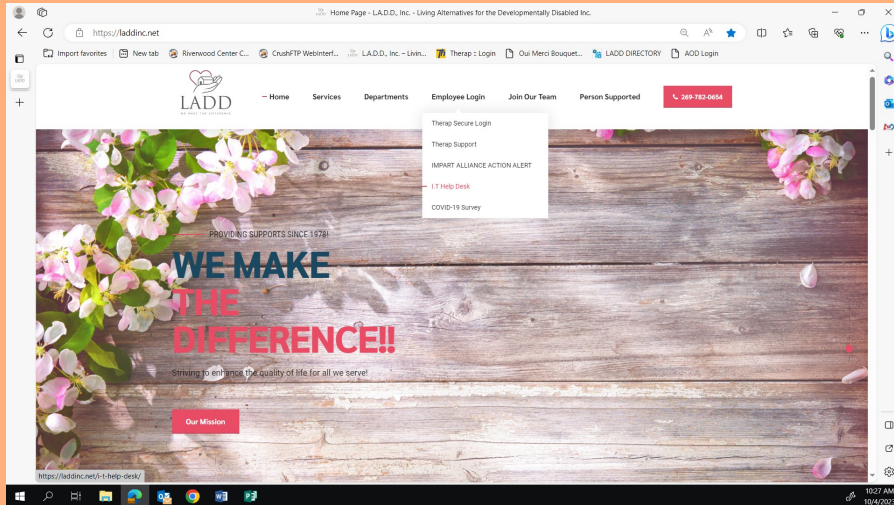
## Did you Know ?

**The IT Department is available to provide support at L.A.D.D., Inc.**

The IT Department is available to provide support by phone, in person and /or website.

On the L.A.D.D., Inc. website tab you can submit an IT ticket.

Go to the L.A.D.D., Inc. Website , hover over employee log in, scroll down to I.T. Help Desk and click.



## Thank You — From your EMC Committee

Thank you for taking the time to read our Fall EMC Newsletter.

If you have any questions or comments please contact a member of the committee.

Thanks again,

*Your EMC Committee*

Donna O’Konski, Melissa Miles,, Marie Williams, Regina Hemminger, Dakota Thurston, Jessica Irvine, Brett Rankin, & Sharon Dodd.

