



## Driving After Dark

With the end of daylight savings time, the clocks go back an hour and suddenly, it gets dark before you know it. While many people appreciate the extra hour of sleep, the time change also brings an increased risk of accidents on the road. Although the exact impact of the clock change on road safety is difficult to measure, driving at night can increase the risk of crash due to several factors such as fatigue or low visibility.



By the time 5 p.m. rolls around, here in Arkansas, the sun has set and darkness is already settling in. That means drivers, in the thick of the evening commute, are now driving in the dark. The end of a long day coupled with congested traffic and lowered visibility create a changing, and potentially dangerous situation. Here are some safe driving tips to help you after the clocks change.

- **Get enough rest.** The time change throws off your body's internal clock and can impact the quality of your sleep. Limit your exposure to light after bedtime and maximize exposure during the day to ensure a swift change of your internal clock. Never drive while overtired. The shift from drowsy to asleep at the wheel can happen more quickly than people think.
- **Clear off your vehicle.** Cooler autumn nights can result in a layer of frost on your windshield in the morning. Clear all frost off your windshield, rear window and side windows with an ice scraper or by running the defroster. Be sure to give yourself extra time you need to ensure that you have a clear view of the road.
- **Drive defensively.** You may be feeling alert – but not everyone is. Be aware of people who drift between lanes or stop abruptly. Leave plenty of room between you and the car in front of you. Follow at a safe distance so you're prepared to react under any situation.
- **Watch for pedestrians.** Approach all crosswalks and intersections slowly and check your mirrors for oncoming cyclists or pedestrians before making any turns. When visibility is reduced, people and objects on the road are harder to see. Adjust your speed to compensate for the low light conditions.
- **Watch for wildlife.** Wildlife-vehicle collisions tend to be more frequent in the fall, especially at dawn or at dusk. Reduce your speed when you see a deer crossing sign and actively watch for wildlife that may be lurking on the side.
- **Maintain your vehicle.** Ensure your headlights, windows, tail lights, signal lights, and windshield wipers are clean and in good working condition so you can see and be seen on the road.



The time change can affect both the quality of your sleep and your body's internal clock. This can make you drowsy at the wheel – one of the leading causes of road fatalities nationwide. In fact, a recent study shows that there is an increase in the average number of collisions during the late afternoon commute in the two weeks following the end of daylight savings time, compared to the two weeks prior. Plan ahead and drive safe.

# Holiday Food Safety

For many, November is the start of holiday season. Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the joy can change to misery if food makes you or others ill.



Typical symptoms of foodborne illness, also known as food poisoning, are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed. The symptoms usually are not long-lasting in healthy people — a few hours or a few days — and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk: older adults, infants and young children, pregnant people, individuals with certain medical conditions or those that take immunosuppressant medications.

Holiday food safety starts with you. The good news is that practicing four basic food safety measures can help prevent foodborne illness.

## Remember: Clean. Separate. Cook. Chill.

The first rule of safe food preparation in the home is to keep everything **clean**. This includes washing hands frequently, cleaning cutting boards between uses, and wiping down countertops before and after food preparation. Second, **separating** your food items prevents bacteria from spreading from one food to another. Cross contamination occurs when uncooked foods come in contact with safely cooked foods. Make sure food is **cooked** to a safe internal temperature. Thorough cooking is very important because it kills harmful bacteria in food. If bacteria survive in food because it is not cooked properly, it could make someone sick. Finally, chill foods quickly (within two hours) to prevent growth of bacteria on prepared items.

For more information on Safe Food Handling, visit the US Food and Drug Administration food safety page at <https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>.

## Stop the Stick

Needle sticks and other sharps related injuries are a significant health concern in healthcare settings, potentially exposing workers to harmful bloodborne pathogens. The CDC estimates that 600,000 - 800,000 healthcare workers are injured by contaminated sharps each year.

Universal precautions and safety-engineered sharps can help reduce the risk of needlestick injuries. However, certain practices can increase the risk of a stick including improper recapping of needles, failing to dispose of used needles properly, and overfilling of the sharps container(s).

Containers that are overfilled increase the risk of exposure to both clinical staff and those that remove the full containers. The fill line on a sharps container indicates the maximum amount of sharps that can be safely contained. When the container is about three-fourths (3/4) full and should be closed, sealed, and replaced. Overfilled sharps containers will not be collected for disposal.

Before adding any additional waste to the container, verify that the contents are below the fill line.





*Thank You*

★ ★ ★ ★ ★  
**VETERANS DAY**  
**HONORING ALL WHO SERVED**

Monday, November 11, 2024

*Thanksgiving*  
 WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	I	N	A	B	A	E	P	O	F	Q	P	H	I	E
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
I	A	H	C	B	S	E	Y	L	I	M	A	F	I	O
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

- FALL
- GATHER
- HOLIDAY
- PILGRIMS
- PUMPKIN
- CORN
- FEAST
- THANKFUL
- TURKEY
- CORNUCOPIA
- FAMILY
- GOBBLE
- GRATITUDE
- PIE
- NOVEMBER
- PLYMOUTH
- STUFFING
- THANKSGIVING
- CRANBERRIES
- POTATOES
- TRADITION

When you change your clocks in the spring and fall, check your smoke and carbon monoxide (CO) alarms too. Put in fresh alkaline batteries if your alarms use them, and replace the alarms if they're out of date. Working smoke and CO alarms are crucial home safety tools.

**CHANGE YOUR CLOCKS  
 & CHANGE YOUR BATTERIES!**

