



# S.A.F.E. Newsletter



## Flu Season is Coming...

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses typically circulate during the fall and winter during what's known as the flu season. The exact timing and duration of flu seasons varies, but, according to the CDC, flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, although significant activity can last as late as May.



Nationally, CDC estimates that during the 2022-2023 flu season, influenza vaccination prevented an estimated 6 million flu-related illnesses, 2.9 million flu-related health-care visits, 65,000 flu-related hospitalizations, and 3,700 flu-related deaths. When more people get vaccinated against the flu, less flu can spread through the community.

Find out where you can get a flu vaccine by visiting [vaccines.gov/flu](https://www.vaccines.gov/flu) or asking your primary care provider. Many local pharmacies also provide the flu vaccine for low, or no cost. For UAMS personnel and students, Student and Employee Health Services will open their annual flu clinic on October 4. The vaccine clinic will be located on the ground floor corridor of the Education II Building near parking deck 2.

## Prepare. Plan. Practice.

Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies that could happen at any time; in their homes, businesses, and communities.



Emergency preparedness is a continuous cycle of planning, organizing, and training to ensure effective coordination during an incident. The goal of emergency preparedness is to reduce injuries, protect communities, and maintain business continuity.

Homeowners, families, communities, and businesses can use this opportunity to find ways to prepare for disasters and build resilience before disasters strikes.

In Arkansas, it's important to know what disasters and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate. Make sure your family has a plan and practices it often.

Make a plan today. Keep in mind that your family may not be together if a disaster strikes, so it is important to know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. As you prepare your plan, tailor your actions and supplies to your specific daily living needs and responsibilities, and practice the plan two to three times a year to ensure everyone knows the actions to take should the need arise.

For more information visit [www.ready.gov/be-informed](https://www.ready.gov/be-informed).

# Suicide Prevention Month

September is also National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families, and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

Everyone can play a role in #SuicidePrevention. When you start a conversation with a loved one who may be struggling with thoughts of suicide, when you offer support and model self-care, you are providing hope to those who may need it most.

While there is no single cause for suicide, there are signs which may increase the likelihood of an attempt. Learning them can save lives. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated.



**24/7 CALL, TEXT, CHAT**

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Not every journey is easy; for some, it may be difficult to talk about their feelings, thoughts about suicide, or how to get help. By working together to recognize the signs, raise awareness of suicide and open the conversation with each other, you can make a difference and save Arkansans' lives.

The Arkansas Department of Health operates the Arkansas Lifeline Call Center, which is a part of the 988 Suicide & Crisis Lifeline. The line is answered in-state from area codes 501, 870, & 479 to better serve Arkansans with resources in their community 24/7. If you or someone you know needs help, please call the Arkansas Lifeline Center at 988.

## Tips for Talking With a Health Care Provider About Your Mental Health




-  **Talk to a primary care provider**
-  **Prepare ahead of your visit**
-  **Consider bringing a friend or relative**
-  **Be honest**
-  **Ask questions**

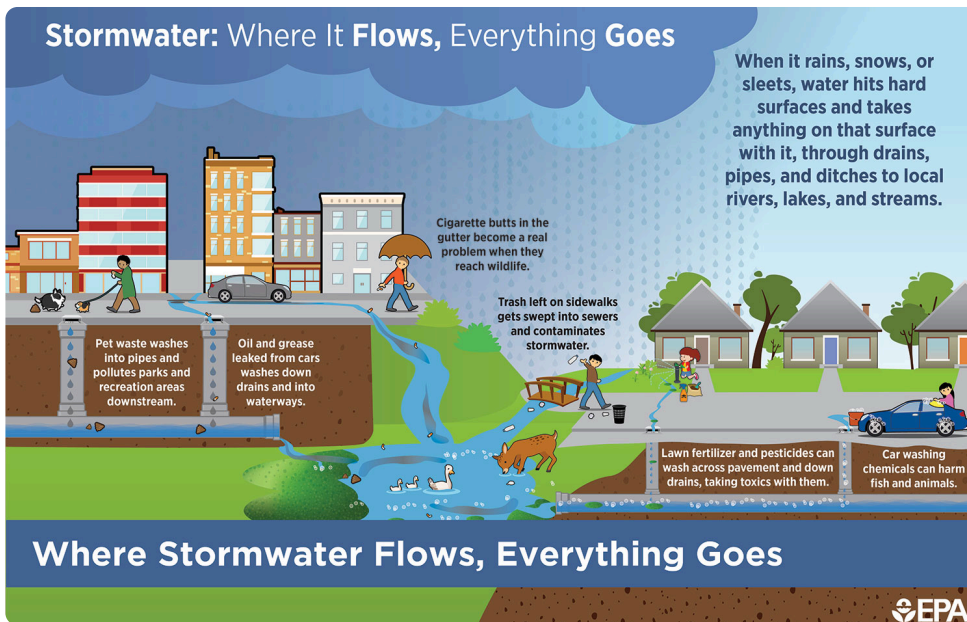
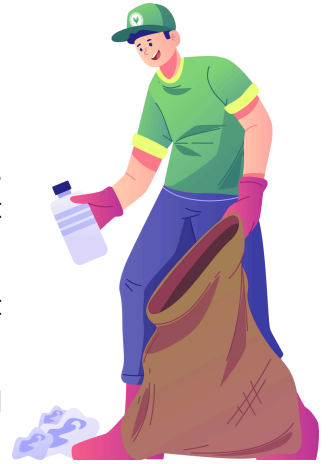
# Stormwater Awareness



On a stormy day, rain coats the pavement and the sides of roads and in backyards, ditches become like streams. In some areas, water rushes to the nearest storm drain; in others it forms deeper and deeper puddles as the rain continues to fall. We care about stormwater when we step in a puddle or when we're worried about our car hydroplaning, but when the sun is shining, it usually isn't on our minds.

## DID YOU KNOW?

-  Storm drains do not drain to the sanitary sewer treatment plant. Stormwater that runs off the UAMS campus bypasses any treatment and drains directly into the Arkansas River.
-  Stormwater collects litter, oils, grease, dirt, sand, and chemicals as it flows across our campus.
-  These pollutants damage the water quality in the Arkansas and Mississippi Rivers and eventually flows into the Gulf of Mexico.



Stormwater can pick up pollutants like litter, sand, bacteria, chemicals, oil, and grease as it flows over the land. These pollutants can then be carried into streams, ponds, wetlands, and other nearby water bodies making stormwater pollution the leading cause of water pollution in the United States.

There are things we, the UAMS community, can do to help reduce stormwater pollution.



- Place litter in the proper container
- Never wash spills down the storm drain
- Dispose of chemicals in the proper receptacle
- Keep dumpsters under cover or have working lids
- Repair vehicles that are leaking oil or fluids
- Remove dirt/sand that has washed into stormwater drains
- Use lawn or garden chemicals sparingly

**ONLY RAIN  
DOWN THE DRAIN!**