



Health & Safety



Gardening Hazard

Before you start digging in the garden and working on fences this summer, there is one danger you might consider: Tetanus.

The Tetanus bacteria lives in the soil and enters the body through breaks in the skin.

Before you start gardening this season, make sure your tetanus, diphtheria, and pertussis (Tdap) vaccination is up-to-date. Medicare prescription drug coverage (Part D) generally covers shots needed to prevent illness.

Use a good set of gardening gloves, which can help lower the risk for cuts.

3 rules to follow if you feel ill

Here are three rules that will help stop the spread of flu, or any virus, be it the common cold or something more exotic.

If you are sick, stay home.

If you get sick, go home and stay home.

If you are not sick, frequently wash your hands. Follow with lotion.

These simple actions are the most important with any contagious disease, including coronavirus.

If you are well, the best thing you can do is properly wash your hands. Here is the description, direct from the Centers for Disease Control.

"Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds."

Follow with lotion to make sure your hands don't become dry and cracked. Cracks in the hands can invite viruses.

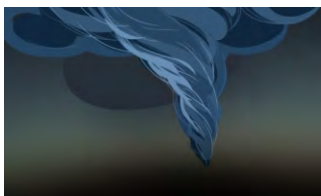
Forget the masks.

Health officials around the world have asked the public not to buy face masks if they are healthy and not caring for someone who is ill.

Handshakes?

The friendly kiss in Europe and the Mideast are gone for now, as are handshakes. In the U.S., people still shake hands, but fewer do in churches or public settings. In China, some videos suggest Chinese are doing a foot bump.





Follow 4 tips for tornado season

Plan ahead and do these four things during tornado season.

1 Turn on phone alerts

Those emergency alerts on your phone are loud and annoying, but, during tornado season, they save lives. Meteorologists saw an example of this in 2015 when a tornado, completely unforecasted, hit in the middle of the night near Charleston, South Carolina. The tornado demolished dozens of homes, yet there were no deaths because people had their alerts on.

2 Gather necessities

When severe weather is forecast, take a moment to locate some emergency items. While your phone can provide light, a flashlight will preserve your phone charge. Charge up a backup power source for your phone. Get a couple of plastic bags to protect cell phones from water. If you are going into an on-site shelter, make sure there is drinking water.

3 Identify shelter

Find a room with no windows for shelter. In your shelter, cover yourself to prevent harm from debris. Protect your head and neck. Stay away from windows and don't open them. If you are surprised by a tornado, get under a workbench or sturdy table.

4 If in a car, find a building to shelter in immediately.

You may have read that,

Across

1. ___ and span
5. Parting words
9. Cover up
10. Rant
11. "___ Flanders"
12. On the safe side, at sea
13. Some jokes
15. Lend a hand
16. Pocket pistol
22. Soothing succulent
23. Eagle's nest
24. Stretched
25. Large butte
26. Myrmecologist's study
27. Squeaks (out)

Down

1. Jerk
2. Subatomic particle
3. Not being used
4. Minibars
5. Subject of a trademark
6. Brown rival
7. Always
8. Understands
14. Sundial number

Fool's Errand

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

16. Computer info
17. Brio
18. Beat badly
19. Nerd
20. Gaelic tongue
21. Scandinavian rugs

[Click Here to Get a Peek At the Answers](#)

The headline is a clue to the answer in the diagonal.

if a tornado is coming at you, get out of the car and lie in a ditch. That's not a sure thing. In one recent tornado, rescuers found the twisted remains of a car but not the people. After a week, their bodies were found in a ditch, covered with two feet of debris. If you are in a car get to a sturdy building. Don't wait.

Never shelter under an overpass or bridge and never climb to the top corner of an overpass. There are no handholds there and you will be more exposed than on the ground. Overpasses tend to funnel wind under and up to the top of the overpass. So the wind will be worse. Survivors sustain horrible injuries, including loss of limbs, brain injury, and skin injury from flying debris.



"They're not the tastiest, so try hiding them in a piece of cheese before you take them."

Meet the virus: Slimy bit of glop with no love life

The world is packed with viruses. Millions upon millions of viruses and billions upon billions of virus particles.

Humans have known since 1900 that viruses can make us miserable. The word virus comes from a Latin word meaning slimy poison.

For all the trouble they cause, you might think that viruses have bat cave conventions where they recount their most famous attacks, and, of course, find a mate.

Nope.

Viruses aren't alive.

Vincent Racaniello, professor of microbiology & immunology in the College of Physicians and Surgeons of Columbia University, writes in his virology blog, that viruses are inanimate, complex organic matter.

They don't have energy.

They don't have a metabolism.

They cannot replicate or evolve by themselves. Instead, viruses are reproduced and evolve only within cells.

But they do infect every living thing, including people. They are in the human bloodstream and intestines at all times in the millions.

In the oceans of the world, there are 10 to the 30th power viruses that infect bacteria -- or a million per teaspoon of seawater. There are so many of them, that if you put the infinitesi-

mal virus particles end to end, they would reach 100 million light years into space. Whales in the oceans excrete millions of viruses and there is some evidence that these viruses can cross into humans. Remember that at the next splash show.

There are, in fact, more viruses in a liter of seawater than there are people on earth.

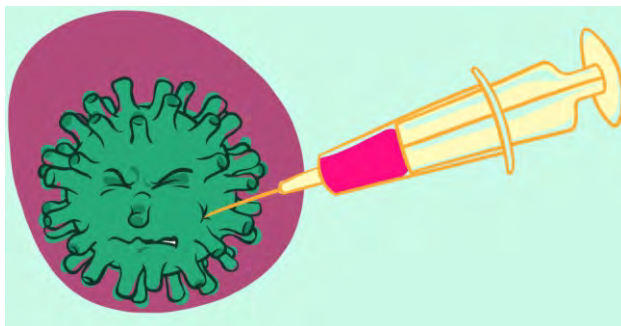
Every human on earth is infected with certain viruses. One of them, says Racaniello, is some form of the herpes virus. Every human has it and it lasts forever.

Viruses exist in either DNA or RNA. About 60% of the genetic sequences in human blood are viral.

As you might expect, scientists believe all life actually need some viruses.

U.S. Army doctor Major Walter Reed in 1901 led a team that confirmed the theory of a Cuban scientist Carlos Finlay. Finlay speculated that yellow fever was transmitted by a particular mosquito species. Reed proved Finlay was right and the first virus was identified.

If you are interested in the ubiquitous virus, check out Racaniello's 2018 lecture series on viruses, available on YouTube.



April is Cancer Control Month

Cancer death rate shows big decline

Early in the year, the American Cancer Society announced that the death rate from cancer in the U.S. had declined by 29 percent from 1991 to 2017, including its biggest-ever single-year drop from 2016 to 2017.

The decades-long decline was due to long-term drops in death rates in the four most common cancer types: lung, colorectal, breast, and prostate.

Those were in part due to behavioral changes and in part to diagnosis and treatment options. For example, the reduction in lung cancer deaths was attributed to a decline in smoking as well as advances in early detection and treatment.

The steepest decline in cancer deaths came in melanoma skin cancer and was largely credited to advances in immunotherapy treatment. A drop in the 65-plus age group was of particular significance because rates had been rising prior to 2013.

The Society said improvements in targeted therapies and other treatments helped in some types of leukemia and lymphoma. The five-year relative survival rate for chronic myeloid leukemia increased from 22 percent in the mid-1970s to 70 percent for those diagnosed between 2009 and 2015; and most people treated with tyrosine kinase inhibitors now have nearly normal life expectancy.

Bunny Care 101: Plan before you get a bunny for Easter

'Tis the season: bunny fever will soon be upon us. And, Easter traditions notwithstanding, bunnies *are* pretty cute.

Plus they seem like a low-maintenance pet — a little lettuce and a few carrots — and they're good to go, happily twitching their adorable little noses in their hutch.

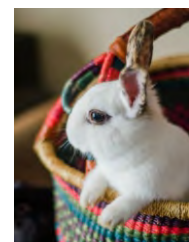
Not so fast. Bunnies are actually a bit of work, so before you make an impulse buy, consider what's involved. Each year, shelters get inundated with rabbits that were given up when people decided they couldn't take care of them.

PetMD points out that domestic rabbits are indoor pets that require as much attention as any other pet; including a specific diet and daily meals, regular cleaning of their quarters, daily monitoring and time out of their cage, plus veterinary care.

They're also highly social and love contact and interaction with their caretakers.

Other considerations include habitat: they like to hop around, so a big dog cage or puppy playpen — at least four feet by two feet — is ideal. They also need a litter box in there. They also need four to five hours outside of the crate each day to exercise and socialize.

Rabbits eat hay, vegetables, and pellets, and need fresh water daily. Grooming tools and toys are also necessary to keep them healthy.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Palm Sunday	6	7	8 Passover	9	10 Good Friday	11
12 	13	14	15 Tax Day	16	17	18
19	20	21	22 EARTH DAY	23	24  Hug a tree Arbor Day, April 24	25
26	27	28	29	30		

Lenten breakfast: Uova in purgatorio

As a Lenten dish, Eggs in Purgatory (uova in purgatorio) makes perfect sense since it has no meat and you can make purgatory as mild or as hot and spicy as you want!

The dish is nothing more than eggs poached in a tomato sauce -- making it a favorite in Italy -- but it really transcends cultures.

In Muslim countries, it is called Shak-suka, often made with lamb and feta. In Israel you'll find it for dinner with lovely challah bread. There is even a version made with kosher Spam. In Mexico, Huevos Rancheros are generally made with fried eggs with a spicy tomato salsa.

The one thing you really need with this recipe is a crusty bread for dipping. Sliced and toasted French bread works well.

Once the eggs are finished, use a soup ladle to dish out a generous portion on to plates.

Super-easy, but a heresy

Here's one idea for the dish, which will be a Lenten heresy to purists, but it is very fast and tasty.

Use olive oil to warm in pan. Mix pasta sauce (without meat, if you are doing Lent) with your favorite salsa, in whatever proportion you prefer. Unlike the proper recipes, you don't

have to saute onions, peppers or other ingredients. Simply warm up the sauce in medium low heat (preferably in an iron skillet) until it is hot and shimmery. Then make openings for your eggs. Most important, cover the pan so the eggs poach slowly and thoroughly. Cook 2 or 3 minutes for runny yolks.

Add chopped parsley on top for a colorful presentation.

The proper way

Many variations on this dish add all sorts of ingredients.

The New York Times recommends browning garlic, red pepper flakes, and (optional) anchovies in the pan, then adding a can of diced tomatoes and a basil sprig. Mash down tomatoes and cook slowly until it becomes a thicker sauce. Add salt and butter and stir in Parmesan.

Bon Appetit recommends using 20 ounces of cherry tomatoes, slightly smashed during cooking, for a three-dimensional look.

Some recipes advise adding greens to the sauce.

For a more Middle Eastern flair, add peppers, sweet paprika, and cumin. Many recipes for Shaksuka offer some wonderful variations.

