

TADISO TIMES

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IMPORTANT NEWS.....

Tadiso will observe Columbus Day on October 14. Hours will be 6am-1:45pm.

HAVE A SAFE HALLOWEEN



Look for Tadiso staff members to be dressed in costumes on October 31. Children attending the Child Care Center may also dress in costume. Costumes displaying violent characters and/or weapons are prohibited.

FREE PITTSBURGH ZOO AND AQUARIUM DAY

The Zoo is free to all guests on **SUNDAY OCTOBER 6.**

Allegheny Regional Asset District and PPG are sponsoring the event. The zoo opens at 9am and the gates will close at 4pm. Guests can enjoy the zoo until 5pm. From 10am to noon, kids activities and giveaways with Chamber Music Pittsburgh, will be located at the Water's Edge venue.

FREE FREE FREE FREE FREE FREE



FIRE PREVENTION WEEK IS OCTOBER 6-12

Did you know?

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. **Escape planning and practice can help you make the most of the time you have**, giving everyone enough time to get out.

- Plan ahead for your escape. Make your home escape plan and practice today.
- Place smoke alarms on every floor of the home and in- and outside of sleeping areas
- Test smoke alarms at least once a month
- Replace batteries twice a year
- Replace smoke alarms every 10 years
- If you don't have a smoke detector, call your landlord today!!
- Tadiso's Child Care Center will be having fire prevention activities for all children



Take time to get a flu vaccine

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.

While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component.

Flu vaccination can [reduce flu illnesses, doctors' visits, and missed work and school due to flu](#), as well as prevent flu-related hospitalizations.

- Flu vaccination also has been shown to significantly reduce a child's risk of dying from Influenza.
- Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.
- Everyone 6 months and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.

For the 2019-2020 flu season, CDC and its Advisory Committee on Immunization Practices (ACIP) recommend annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (inactivated, recombinant or nasal spray flu vaccines) with no preference expressed for any one vaccine over another.

Vaccination of [high risk persons](#) is especially important to decrease their risk of severe flu illness.

[People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).

Vaccination also is important for [health care workers](#), and other people who live with or care for high risk people to keep from spreading flu to them.

[Infants younger than 6 months](#) are at high risk of serious flu illness but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. Additionally, people who live with or care for infants should be vaccinated.

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.