



COUNTY OF FILLMORE Employee News

UPCOMING EVENTS:

OCTOBER

- 1 Nationwide Visit
- 6 Commissioners' Meeting
- 9 Payroll Check Date
- 13 Commissioners' Meeting
- 23 Payroll Check Date
- 27 Commissioners' Meeting

NOVEMBER

- 3 Commissioners' Meeting
- 6 Payroll Check Date
- 10 Commissioners' Meeting
- 20 Payroll Check Date
- 24 Commissioners' Meeting



COVER YOUR COUGH



Frequently Asked Questions

Minnesota Department of Health

<http://www.health.state.mn.us/divs/idepc/dtopics/infectioncontrol/cover/faq.html>

Stop the spread of germs that make you and others sick: Cover Your Cough

Why should I cover my cough?

- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
 - ◊ Coughing or sneezing
 - ◊ Unclean hands
- These illnesses spread easily in crowded places where people are in close contact.



How do I stop the spread of germs if I am sick?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.

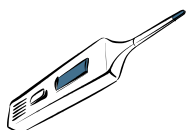


How can I stay healthy?

- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

PREPAREDNESS MONTH WINNERS

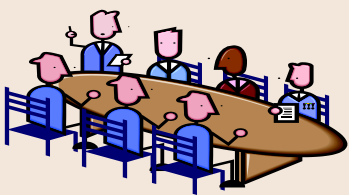
The winners of the September Preparedness Month Display prizes were Fillmore County employees JEFF DYRESON, KEVIN KULLOT, and TERRY SCHULTZ and community members CLAY MOCK, SARAH OSTERHUS, and CYNDY SHELDON. Prizes included thermometers, can openers, smoke alarms, masks, light sticks, whistles, and bandages.



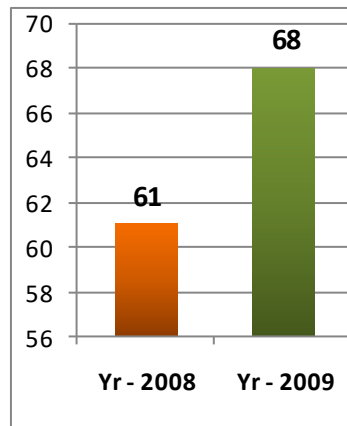
SAFETY AND WELLNESS SURVEY 2009 RESULTS SUMMARY

THANK YOU to those who participated in the 2009 Safety & Wellness Survey!

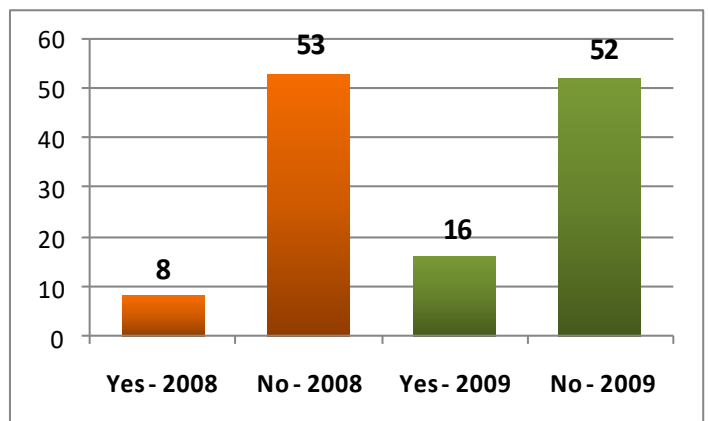
The responses given will be reviewed by the



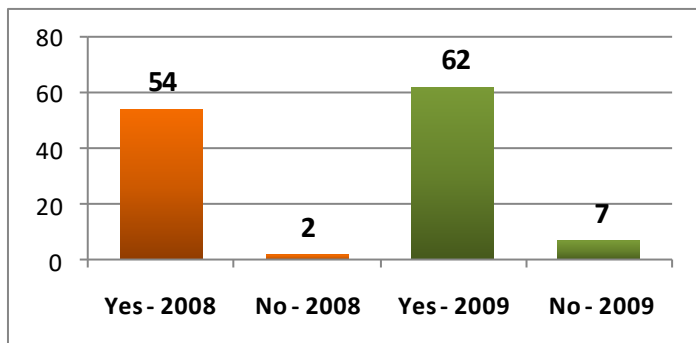
Number of survey's completed:



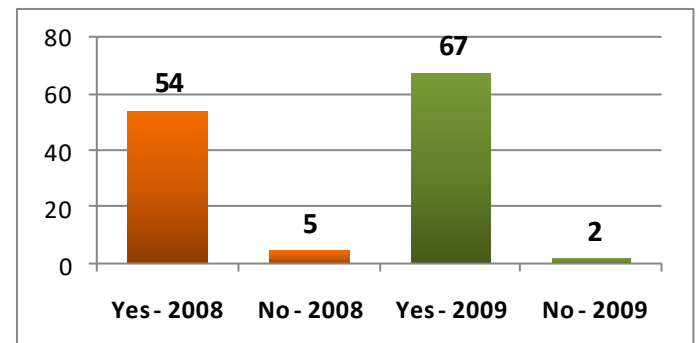
Do you have specific concerns about any unsafe or unhealthy work environment issues in Fillmore County?



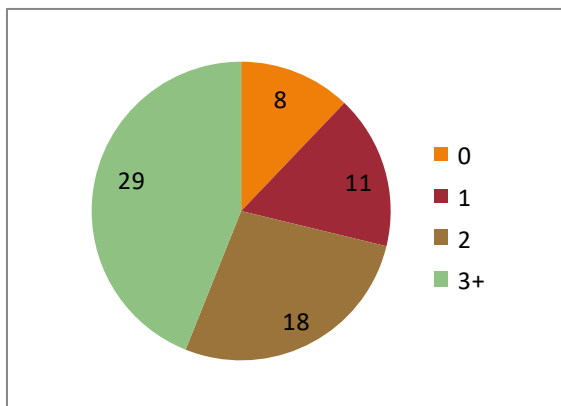
Do you feel comfortable in reporting these concerns to your supervisor, a department head and/or a member of the Safety Committee?



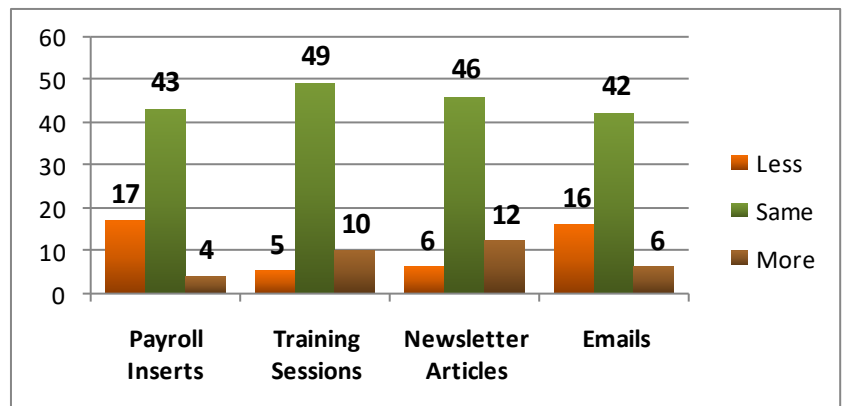
Do you know how to report your safety concerns?



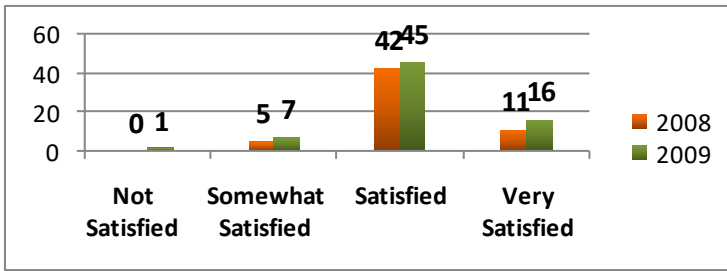
How many training sessions did you take part in the last year?



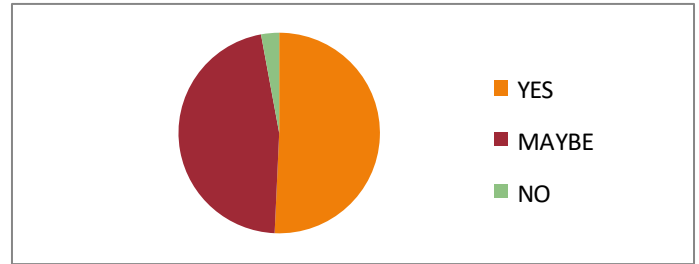
For 2009 would you like...



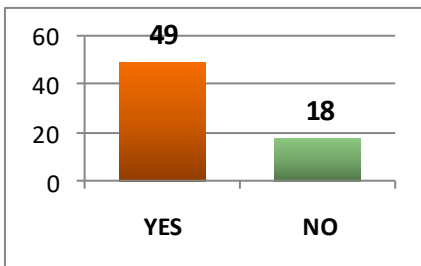
How satisfied are you with the Fillmore County Safety Program?



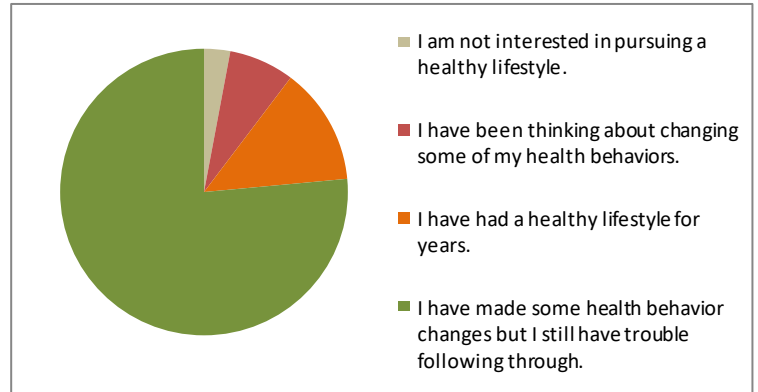
Would you participate in a wellness program?



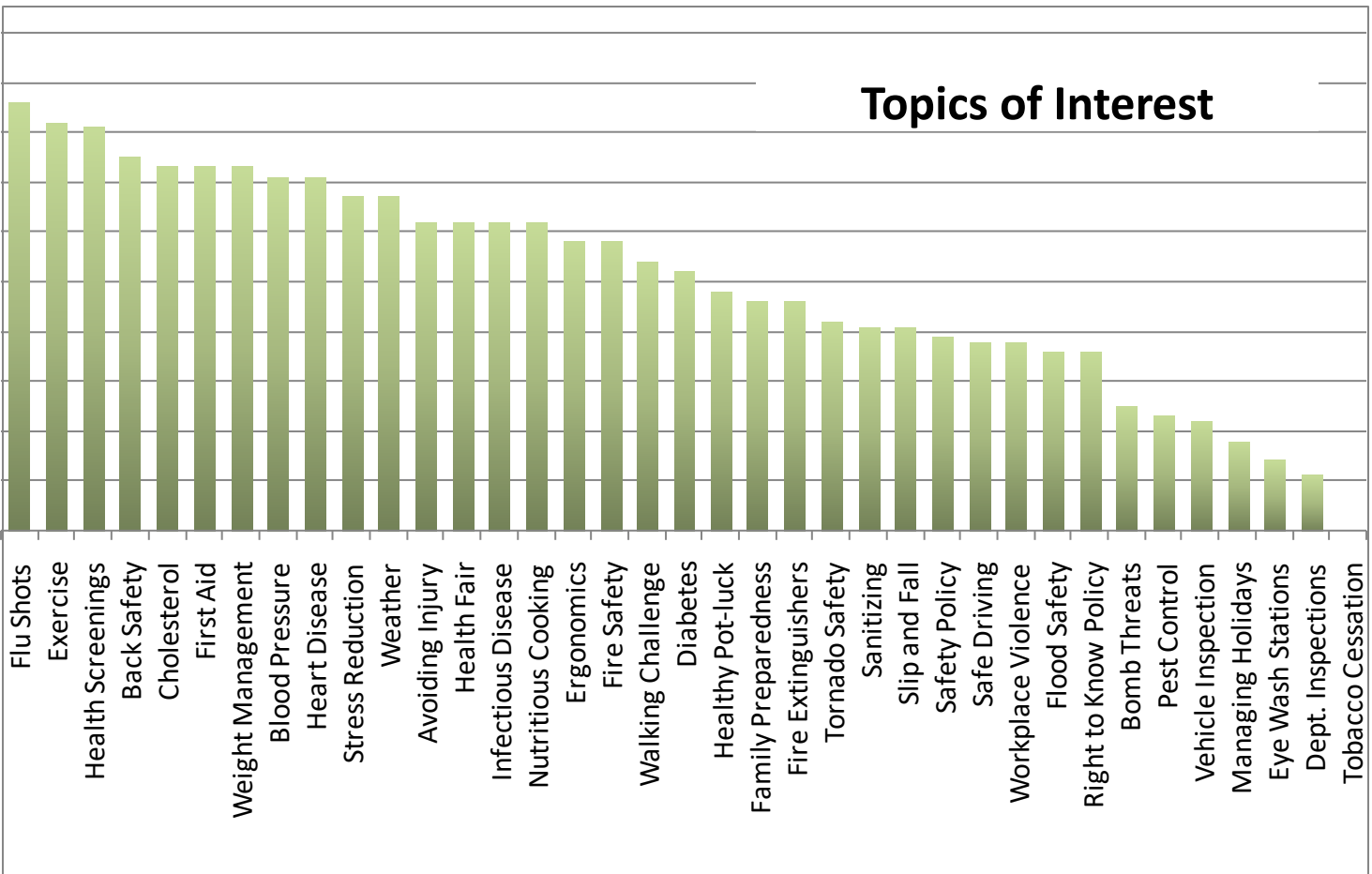
Would an incentive help motivate you to take part in a wellness activity?



In which of the following categories would you place yourself?



Topics of Interest





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FRUIT & VEGGIE OF THE MONTH - CENTERS FOR DISEASE CONTROL &



Rhizomes are knobby underground stems that are known for their pungent and flavorful flesh. The rhizome family includes ginger, turmeric and galangal among a few other, lesser known rhizomes. Rhizomes are not a significant source of any nutrients – most especially because they are rarely eaten in great enough quantities to constitute a serving. Ginger is a tropical Asian herb that is known for its spicy aromatic roots. In ancient India, ginger was believed to spiritually cleanse the body.

<http://www.fruitsandveggiesmatter.gov/month/rhizomes.html>



Persimmons origins go back to ancient China. Fate intervened in the 1880's when a United States Commander brought back a native Japanese persimmon variety to Washington, D.C. Now, persimmons are grown in California where hundreds of different varieties flourish. This brightly colored, glossy orange red skinned fruit is an excellent source of vitamin A, a good source of vitamin C, and rich in fiber.

<http://www.fruitsandveggiesmatter.gov/month/persimmons.html>

SUBMIT CORRECT TRIVIA ANSWERS AND BE ENTERED TO *WIN!*



Submit your answers to [Ashley Stinson](#) by October 15th! Each correct answer will get you one (1) entry into the drawing for a Southeast Service Coop sport bottle!

How many permanent teeth do we have (if we have them all)?

- A. 22
- B. 32
- C. 38
- D. 28

Which organ would a doctor inspect with an otoscope?

- A. Lung
- B. Spinal Cord
- C. Ear
- D. Bladder

Which is a healthy way to prevent heart disease?

- A. Limit unhealthy fats and cholesterol
- B. Eat more vegetables and fruits
- C. Practice moderations
- D. All of the above

WE WANT TO HEAR FROM YOU!



Want to submit an idea, article or suggestion?

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