



MBIT
mind & body infusion therapies

BOBO GAZETTE



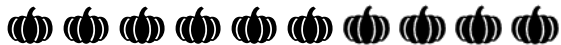
December Issue 2022

Letter From The Editor

It's December and I am so excited! I hear there's a dude named Santa Claus who brings gifts to good little girls and boys. I'm sure they mean good little girl dogs and boy dogs too. I'm not only good but I work hard too. I greet all our patients when they come in and show them to their treatment rooms. I am very busy checking on them and making sure they are smiling.

This issue we decided to remind everyone about fire safety with tips right from the National Fire Protection Association web site.

Merry Christmas to all, Love Bobo



Lake County Community COVID Risk Alert as of November 30, 2022

MEDIUM

If you are at high risk of getting very sick, wear a high-quality mask or respirator (N95) when indoors in public places.

If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact and consider wearing a high-quality mask when indoors with them.

HOLIDAY DECORATING

- ⌘ Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- ⌘ Keep lit candles away from decorations and other things that can burn.
- ⌘ Some lights are only for indoor or outdoor use, but not both.
- ⌘ Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- ⌘ Use clips, not nails, to hang lights so the cords do not get damaged.
- ⌘ Keep decorations away from windows and doors.
- ⌘ Test your smoke alarms and tell guests about your home fire escape plan.
- ⌘ Keep children and pets away from lit candles.
- ⌘ Keep matches and lighters up high in a locked cabinet.
- ⌘ Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- ⌘ Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Home Fire Preparedness Checklist

Home fires are the most common type of emergency in the United States, and can cause deaths, injuries and property loss within minutes of breaking out. Home fires occur every day across the country but we can take action to prepare. Prepare now to protect yourself, your loved ones and your home

Prevent Home Fires

You can prevent home fires by following basic safety tips.

Cooking Safety

Cooking fires are the leading cause of home fires and home fire injuries.



- Stay in the kitchen and closely monitor your meal anytime you are cooking. Keep an eye on what you fry!
- Keep anything that can catch fire — oven mitts, utensils, food packaging, towels or curtains — away from your stove.
- Install and learn how to use a fire extinguisher. Contact your local fire department for training.

If you have a small cooking fire:

- On a stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the oven door closed.
- If in doubt, just get out! If flames spread to objects beyond the stove or oven, evacuate immediately. When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.

Heating Safety

Use caution around heating equipment such as space heaters and fireplaces. Keep anything that could catch fire at least 3 feet from the heat.

Electrical Safety

Use caution with electrical equipment.

- Always plug appliances directly into wall outlets. Extension cords are for short-term use.



- Check power cords.

Make sure they are not across doorways or under carpets where they might get pinched or wear out.

- Have all electrical work done by a certified electrician

Child Safety

Children “playing” with fire is dangerous. Each year these types of fires cause many preventable injuries and deaths.



- Store matches and lighters out of children’s reach and sight.
- Teach young children to never touch matches or lighters.

Smoking Safety

Smoking is a leading cause of home fire deaths.

- If you smoke, do so outside. Make sure to extinguish smoking materials in a deep and sturdy ashtray.
- Never smoke or allow anyone to smoke where medical oxygen is used.
- Never smoke in bed.
- Use e-cigarettes with caution. Serious fires and injuries can occur when e-cigarettes are being used, charged or transported.

Candle Safety

- Avoid using candles because of the fire risk. Use battery-powered lights and flashlights instead.



- If you must use a candle, use extreme caution and never leave it unattended

Respiratory Syncytial Virus (RSV) in Children



RSV is a viral illness that causes symptoms such as trouble breathing. It's the most common cause of inflammation of the small airways in the lungs (bronchiolitis) and pneumonia in babies.

RSV is spread when a child comes into contact with fluid from an infected person's nose or mouth. This can happen if a child touches a contaminated surface and touches his or her eyes, mouth, or nose. It may also happen when inhaling droplets from an infected person's sneeze or cough.

RSV can affect a person of any age but causes the most problems for the very young. Most babies have been infected at least once by the time they are 2 years old. Babies can also be reinfected with the virus. Infection can happen again anytime throughout life. RSV infection in older children and adults may seem like an episode of severe asthma. Babies born prematurely or with heart, lung, or immune system diseases are at increased risk for more severe illness.



The American Academy of Pediatrics recommends that babies at high risk for RSV get a medicine called palivizumab. This is given to prevent RSV in babies at high risk. Ask your child's healthcare provider if your child is at high risk for RSV. If so, ask about monthly injections during RSV season to help prevent infection.

To reduce the risk for RSV, the AAP recommends all babies, especially preterm infants:

- ✚ Be breastfed
- ✚ Be protected from contact with smoke
- ✚ Not go to childcare with lots of children during their first winter season
- ✚ Not have contact with sick people

The American Academy of Pediatrics (AAP) recommends that babies at high risk for RSV get a medicine called palivizumab. This is given to prevent RSV in babies at high risk. Ask your child's healthcare provider if your child is at high risk for RSV. If so, ask about monthly injections during RSV season to help prevent infection.

Also make sure that household members wash their hands or use an alcohol-based hand cleaner before and after touching your baby. Don't allow people to smoke in your home or in your car. Remove your baby from any area where people are smoking.

Most babies have been infected at least once by the time they are 2 years old. Babies can also be reinfected with the virus. Infection can happen again anytime throughout life.

Treatment for RSV may include extra oxygen. This is extra oxygen given through a mask, nasal prongs, or an oxygen tent. A child who is very ill may need to be put on a breathing machine (ventilator) to help with breathing

In high-risk babies, RSV can lead to severe respiratory illness and pneumonia. This may become life-threatening. RSV as a baby may be linked to asthma later in childhood.

Babies at high risk for RSV receive a medicine called palivizumab. Ask your child's healthcare provider if your child is at high risk for RSV.

Article published by University Hospital

CNN Reports: Flu season already hitting hard across half of the US and children's hospitals are still feeling the pressure from respiratory illnesses

About half of the US – 22 states, along with Washington, DC, New York City and Puerto Rico – is reporting high or very high respiratory illness activity, as flu season sweeps through the country weeks earlier than usual.

Multiple respiratory viruses are circulating nationwide – including flu, RSV and the virus that causes Covid-19 – and the US Centers for Disease Control and Prevention tweeted Thursday that flu is contributing to a “significant proportion” of that circulation.

As multiple respiratory viruses continue to spread, experts emphasize the importance of vaccination, which is available for two of the three viruses in heavy circulation. But those numbers are lower than ideal.

One in 5 people still hasn't gotten their first Covid-19 vaccine shot, CDC data shows, and less than 10% of the US population has gotten the updated Covid-19 booster.

And millions fewer flu vaccines have been distributed this season than at this point in previous years.

By Deidre McPhillips, CNN Updated 8:50 AM EST, Fri November 11, 2022 Report from CNN and Amy Simonson contributed to this report.

