



Tips to Adapt to Daylight Savings Time



What can we do?

The Centers for Disease Control and Prevention recommends that adults get at least seven hours of sleep for optimal health and wellbeing. However, evidence of disrupted and shortened sleep and adverse health and safety effects following the transition to Daylight Saving Time (DST) has prompted the call to eliminate seasonal time changes and remain permanently in Standard Time.

Until that occurs, there are strategies workers and employers can adopt to improve sleep and work safely during DST.

Tips for Employers

Raise awareness among workers about the health and safety risks associated with the time change and emphasize the need for obtaining adequate sleep.

Consider reducing any critical or physically/mentally demanding tasks to allow workers time to adjust to the time change, since it can take one week for the body to adapt.

Tips for Workers

Minimize the effect of DST by adjusting your sleep cycle a few days prior to the time change.

The American Academy of Sleep Medicine suggests the following:

- Try to go to bed 15 or 20 minutes earlier each night before the time change. This will give your body a chance to adjust.
- Begin to transition the timing of other daily routines that are “time cues” for your body. For example, start eating dinner a little earlier each night or exercising slightly earlier in the morning.
- Try to go outside for some early morning sunlight. The bright light will help set your “body clock,” which regulates sleep and alertness.
- Be mindful of how DST may be affecting your body and be careful when driving or operating machinery if you feel drowsy.
- Stick to your bedtime to make sure you get plenty of sleep.
- Once you have adapted to DST, try to keep a daily routine time for sleep and waking up to improve sleep and health.
- Keep your sleep environment quiet, comfortable, and cool, light blocking window coverings can keep sleeping areas dark.

Source: <https://blogs.cdc.gov/niosh-science-blog/2022/03/08/time-change/>

Who Needs a Flu Vaccine?



Who Should get a Flu Vaccine This Season?

Everyone six months and older should get a flu vaccine every season with rare exceptions. **Vaccination is particularly important for people who are at higher risk of serious complications from influenza.**

Flu vaccination has important benefits. It can reduce flu illnesses, visits to doctor's offices, and missed work and school due to flu, as well as make symptoms less severe and reduce flu-related hospitalizations and deaths in people who get vaccinated but still get sick.

Different flu vaccines are approved for use in different age groups.

There are several flu shots approved for use in people as young as six months old and older, and two are approved only for adults 65 years and older.

Flu shots also are recommended for pregnant people and people with certain chronic health conditions.

The nasal spray flu vaccine is approved for use in people two years through 49 years of age. People who are pregnant and people with certain medical conditions should not receive the nasal spray flu vaccine.

There are many vaccine options to choose from. For people younger than 65 years, CDC does not recommend any one flu vaccine over another. For adults 65 years and older, there are three flu vaccines that are preferentially recommended. These are Fluzone High-Dose Quadrivalent inactivated flu vaccine, Flublok Quadrivalent recombinant flu vaccine and Fludac Quadrivalent adjuvanted inactivated flu vaccine. If none of the three flu vaccines preferentially recommended for people 65 and older is available at the time of administration, people in this age group can get any other age-appropriate flu vaccine instead.

The most important thing is for all people six months and older to get a flu vaccine every year. If you have questions about which flu vaccine to get, talk to your doctor or other health care professional.

Who Should Not Receive a Flu Shot?

Different influenza vaccines are approved for use in people of different age groups. In addition, some vaccines are not recommended for certain groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any allergies to influenza vaccine or its components.

Source: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

Healthy Habits to Help Prevent the Flu

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but preventive actions like avoiding people who are sick, covering your cough and washing your hands also can help stop the spread of germs and prevent respiratory illnesses like flu.

This also can include taking steps for cleaner air and hygiene practices like cleaning frequently touched surfaces. There also are flu antiviral drugs that can be used to treat and prevent flu.

Here are some tips to help protect yourself and others from the flu and help stop the spread of germs.

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose or mouth
- Take steps for cleaner air
- Practice good hygiene and other healthy habits



Source: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>