



The BVRC News

Help Prevent the Spread of Flu

By Christine Paulik MSN RN, Supervising Nurse



one another. Flu can spread rather quickly at mass events, gatherings, and traveling from place to place. If there is an influenza outbreak, communities may consider the temporary closing of daycare centers, schools, sporting events, fairs, conferences, etc. to slow the spread of illness.

Getting the flu vaccine each year is also an effective way to prevent seasonal flu. Communities can offer yearly flu clinics to their residents to help prevent the spread of flu within their community and to raise flu awareness. The Burlington Board of Health provides flu vaccination to residents through a yearly clinics and children's appointments with the Public Health Nurse. In fact, it's not too late to get your flu vaccine—call the Board of Health Nurse at 781-505-1139 to make your appointment.

How can you help?

To prevent the spread of influenza, the US Center for Disease Control (CDC) recommends that you:

- Try to avoid close contact with sick people.
- While you are sick, limit exposure to others as much as possible so you do not infect them.
- If you are sick with flu symptoms, stay home for at least 24 hours after your fever is gone except to get medical care or

Pandemic outbreaks can occur when a new flu virus appears. Because the virus is new, people have little immunity, or may have no immunity at all. The virus can be spread from person to person very quickly within communities and around the world. Take your workplace for example, a place where people may interact in a small or confined area. This may increase the risk for you and others to spread respiratory illnesses such as the flu.

Some actions that you can take to protect yourself and others within your work community would be to stay home if you are sick; avoid close contact with fellow co-workers who may be ill; cover your cough and sneezes; clean surfaces and objects; and, exercise good handwashing. These practices can also help decrease the spread of the flu in the home setting as well.

What can communities do to help in the prevention of spreading the flu virus?

Communities may implement prevention strategies in schools, workplaces and social events by creating ways to increase distance between people that are in close contact with

The Burlington Volunteer Reserve Corps (MRC) is sponsored by the Burlington Board of Health

Inside This Issue

Help Prevent the Spread of Flu	1
Flu Continued	2
Volunteer Spotlight: Ellie Hutchinson	3
November Volunteers	3
Appreciation Dinner	4
BVRC 2018 Year in Review	4

“He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.”

— Thomas Fuller

(Prevent the Spread of Flu, continued from page 1)

- 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 then throw your tissue in the trash.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Stay informed, be prepared. Practice flu prevention strategies in your home, workplace and events. Talk about flu prevention to others. Maintain a clean environment, and make sure you have the supplies you need to help prevent the spread of the flu. Connect with and collaborate with other professionals, leaders, and administrators within your community to help identify the challenges and the needs to help in the prevention and spread of the flu virus.

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- **Do NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.







U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.




For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

Volunteer Spotlight: Ellie Hutchinson

By Sara Darlagiannis



During the annual volunteer recognition dinner, I had the opportunity to chat with Ellie Hutchinson about her experiences as a volunteer. “Helping people is very rewarding”, Ellie said. She talked about the many ways in which she volunteers including as American Legion Auxiliary Commander; a lifetime member of the Disabled American Veterans (DAV); the Bridge Program; Peo-

ple Helping People’s Wish Tree at the Burlington Mall; the VA Hospital in Bedford; and, as Co-chairperson of Burlington’s Council on Aging (COA) Board. Ellie was very proud to report that she has received awards from the MA House of Representatives for her work with the American Legion, DAV, and COA. She was also this year’s recipient of the COA’s “Above and Beyond Lifetime Achievement Award”

Ellie is also a very active volunteer with the BVRC, regularly assisting at the American Red Cross monthly blood drives. Ellie began volunteering with the BVRC in 2006 and has participated in most of the annual flu clinics. “The flu clinic is a wonderful training opportunity”, Ellie said. “Not only do we give our time, we are taught a lot from the organization”, Ellie said. She appreciates all the training opportunities she has received from the BVRC, including CPR, First Aid, and Mental Health First Aid.

During her husband Edward’s naval career, Ellie and Edward were married in 1950 and were married for 63 and a half years. Ellie lived at naval ports in South Carolina, Massachusetts, Rhode Island and California. In 1967, the Hutchinson Family settled in Burlington. Ellie was a stay at home mom to 6 six boys and 1 girl. Ellie also spent time working outside of the home. For 25 years she was employed at the Sears Department Store in the Burlington Mall.

Ellie is inspired by two favorite sayings: “Exhale the Past and Inhale the Future” and “God Helps Those Who Help Themselves”. Ellie believes that through helping others she is also helping herself. She said that she feels that the people that she helps through her volunteer work “have given me more than I have given them”.

Thank you, Ellie, for your time and dedication to the community and the BVRC!

Thank you to November Volunteers

ARC Blood Drives

Carolyn Abruzzo
Lisa Antonelli
Pat Angelo
Joan Hastings
Margaret Henderson
Ellie Hutchinson

Library BP Screening

Carolyn Abruzzo
Kathy Deleskey

**Patrick Gill Symposium-
Recruitment Table**

Monie Breus
Kathy Delesky

Margaret Henderson
Roger Morrison
Shelley Sereni

Turkey Trott First Aid

Anna Risman

Executive Committee

Carolyn Abruzzo
Eric Dewar
Margaret Henderson
Jean Perry
Andy Rittenburg
Sandra Voltero

BVRC Appreciation Dinner Held on December 5

On December 5, the BVRC Executive Committee held a Volunteer Appreciation Dinner for all those members who volunteered in 2018. Approximately 35 volunteers attended to enjoy dinner and socialize with their fellow volunteers. Several town officials attended the event to show their support and appreciation to our BVRC volunteers, including officials from the Board of Health, the Board of Selectmen, the Fire Department, and the Police Department.



Top-left: Shown left to right are Executive Committee (EC) Member Jean Perry, EC Chairman Sandra Voltero, EC Member Eric Dewar, EC Vice Chairman Andy Rittenburg, and BVRC member Mahendra Ughreja (photo by S. Darlagiannis)

Top-right: Several Town Officials attended the Appreciation Dinner to thank the volunteers. Shown left to right Mike Patterson, Assistant Fire Chief; Susan Lumenello, Director of Public Health; Libby Walendziewicz, BOH Member, James Tigges, BOH Selectmen, Steve Yetman, Fire Chief; Dr. Edward Weiner, BOH Vice Chairman; Maribeth Welch, BOH Member; and, John Petrin, Town Administrator (photo by S. Darlagiannis)

BVRC 2018 Year in Review

# of Deployment Events in 2018:	100
Total Volunteer Hours at Deployments:	725
# of Training Events:	21
# of Volunteer Hours Spent in Trainings	611
Total Dollar Value of Volunteer Hours:	\$18,813