



Bucksport Regional  
**Health Center**



December 2022

# BRHC Health Beat



## Message from the CEO *Carol Carew, RN, BSN, MBA*

It's December! While we typically think about the holidays this month, and we are all very busy, there is something else we need to keep in mind. The flu.

December 5-9 is National Influenza Vaccine Week, designed to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.

As long as flu viruses are spreading and causing illness, vaccinations should continue in order to protect as many people as possible. It's not too late to vaccinate. A flu shot is still beneficial and should be done as soon as possible. Call us if you need a flu shot. We are still offering COVID vaccines too.

One of the best ways to avoid getting sick is to wash your hands often and avoid touching your face.

### Follow these guidelines:

- Wash your hands when they are dirty, especially after shopping, doing errands, and before eating.
- Do not cough or sneeze into hands.
- Do not put fingers in/on your eyes, nose or mouth.
- Clean your cell phone regularly as germs can live on them for extended periods of time.
- Use hand sanitizer with an alcohol content of at least 62-percent.

We all hope you have the happiest of holiday seasons and a very healthy new year.

*Carol*

## Seasonal Affective Disorder is More Than Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. Some people dismiss the feeling as Winter Blues, but it could actually be a form of depression called Seasonal Affective Disorder (SAD). It is important to determine if, or how much, your symptoms interfere with your daily life. And if you need support, reach out to us.

### Do you have mild symptoms that have lasted less than two weeks?

- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

## COVID-19 Vaccine Clinics and Free N95 masks & home test kits.

We are giving away free COVID-19 home testing kits and N95 masks at Bucksport and Ellsworth locations.

We're also holding COVID-19 vaccine clinics in Bucksport, 110 Broadway. Check our Facebook page and website for dates.

It's easy to get vaccinated: Just call us at 207-469-7371 to schedule, register at [bucksportrhc.org](http://bucksportrhc.org), or walk-in to one of the clinics.

We're working hard to help keep you safe.



### FREE Veggies!

We have veggie giveaways throughout the month. Watch our Facebook page for dates and times.

## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- LCSW
- Dental Assistant
- Medical Assistant
- Practice Manager - Ellsworth
- Phlebotomist I or Medical Lab Technician - Part time

### These activities might help you feel better

- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

### Do you have more severe symptoms that have lasted more than 2 weeks?

- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

### Seek professional help (call us)

- Light therapy
- Psychotherapy (talk therapy)
- Medications/Vitamin D supplements

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

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BRHC is an equal opportunity provider and employer.

[bucksportrhc.org](http://bucksportrhc.org)

## Holiday Safety Tips

U.S. Consumer Product Safety Commission  
[Holiday Safety | CPSC.gov](https://www.cpsc.gov/Holiday-Safety)

[cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety](https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety)

With the holidays right around the corner, the U.S. Consumer Product Safety Commission (CPSC) reminds consumers to keep safety at the top of their minds this holiday season. Many injuries and deaths associated with celebrating the holidays can be prevented, so consumers are urged to put safety in practice while purchasing toys for children, cooking that holiday feast or decorating their homes.

A new report recently released by CPSC found that in 2021 there were more than 152,000 toy-related, emergency department-treated injuries to children younger than 15 years of age, including two deaths. The fatalities involved choking on a small part of a toy and suffocating on a soft toy in an unsafe sleep environment.

For children younger than 15 years old, non-motorized scooters continued to be the category of toys associated with the most injuries. Males accounted for 58 percent of all of the injuries.

CPSC urges families to stay safe this holiday season by following these tips for toys, cooking and decorating:

### Toys:

- Follow age guidance and other safety information on toy packaging and choose toys that match each child's interests and abilities.
- Get safety gear, including helmets, for scooters and other riding toys—and make sure that children use them every time.
- Keep small balls and toys with small parts away from children younger than age 3, and keep deflated balloons away from children younger than age 8.
- Once the gifts are open, immediately discard plastic wrappings or other packaging on toys before they become dangerous playthings.



### Holiday Decorating:

Putting up holiday lights and decorations around the home and fireplace are common customs for many families. However, dry Christmas trees, burning candles, and busted holiday lights can lead to dangerous and even deadly fires.

- Make sure your live Christmas tree has plenty of water, and look for the “Fire Resistant” label when buying an artificial tree.
- Place burning candles in sight, away from flammable items, and blow them out before leaving the room.
- Never string together more than three sets of incandescent lights, and never overload electrical outlets.

And remember space heaters need at least three feet of space around them with nothing flammable near them.

Visit [CPSC's Holiday Safety Information Center](#) for more holiday safety tips.

Shopping	Eggnog	Snowman
Wrapping	Chocolate	Giving
Family	Candles	Presents
Tree	Menorah	Candy canes
Kwanzaa	Cheer	Cards

