



the
WATCH
coalition

YOUR MONTHLY INSIGHT INTO WHAT IS GOING ON WITH
THE COALITION

WHAT'S NEW WITH THE COALITION

OCTOBER 1, 2023
ISSUE 3

THE COALITION HAS BEEN VERY BUSY TRAVELING ACROSS THE STATE OF TENNESSEE. WE HAVE ATTENDED CONFERENCES AND HELPED SPREAD THE WORD ABOUT WATCH 7.

RECENTLY, KEITH MIDDLETON AND LYNN MOONEY FROM THE JACKSON MADISON COUNTY REGIONAL HEALTH DEPARTMENT AND MIKE SMITH FROM WEST REGION TOOK THE RMCC BUS TO THE TITANS STADIUM FOR HIGHLAND RIM'S COALITION FIELD DAY. ALONG WITH OTHER TEAM'S ASSETS, THEY HAD A HUGE FANCLUB WANTING TO SEE THE INSIDE AND SEE WHAT THEY HAD TO OFFER. IT WAS A GREAT TURN OUT AND MANY PEOPLE WERE IMPRESSED.

THIS ISSUE:

WHAT'S GOING ON IN THE
COALITION

SAVE THE DATE

MICRO LEARN TOPIC- COUGH
& CONGESTION

HELPFUL MONTHLY TIPS

OCTOBER FUN!

NOMINATIONS FOR OUR WATCH BOARD ELECTIONS
HAS STARTED. ! LINK IS PROVIDED BELOW!
[HTTPS://WTH.READYOP.COM/FS/4CEY/5D92EABD](https://wth.readyop.com/fs/4CEY/5D92EABD)





Save the Date

October 4th - Nationwide Emergency Alert Test

October 18th - WATCH Coalition Meeting

October 24th - ICRA Training for Long-Term Care, Assisted Living, & Home for the Aged Training

TEPS Conference - January 22-23rd at Discovery Park in Union City

ICRA Training Information

UBC ICRA will be coming to the Jackson Madison County Regional Health Department on October 24th from 8:00 - 5:00 for a training session. This session will discuss ways to prevent infection during and after construction at your facility. All are invited to attend and breakfast snacks and lunch will be provided. **Last day to register is October 13th!**

[REGISTRATION LINK](#)

I THINK WE MAY NEED TO UPDATE OUR DISASTER RECOVERY PLAN. THIS ONE SUGGESTS WE ALL RUN AROUND IN CIRCLES SHOUTING WHAT DO WE DO?!! 'WHAT DO WE DO?!!'



Cough and Congestion Micro-Learn Discussion Guide:

What to do when you see a patient with cough and congestion

Use the talking points below and accompanying job aid to engage your team in short, focused discussion. Adapt to meet your needs.

1. Introduce the topic

Share key information about the topic that your audience should **know and connect to your local context**:

- Coughing by itself can be caused by a lot of things, but a cough in combination with congestion—a stuffy, runny nose, runny eyes, and a nasally voice—is commonly caused by a virus.
- These viruses spread easily when an infected person talks, breathes, coughs, or otherwise blows air out of their nose or mouth. One person releasing these germs into the air can infect multiple people quickly.
- Some of these viruses, like cytomegalovirus (CMV), don't cause major problems for healthy people, but they can cause harm to vulnerable patients.

2. Expand on the topic

Share information about what your audience should **do**:

- If you're near a patient with cough and congestion and don't know what's causing their symptoms, you can protect yourself from breathing in infectious particles by using a facemask and considering use of a NIOSH-approved respirator according to facility policies.
- As soon as possible, the patient should be placed in a separate room, away from others.
- The patient should wear a mask to keep their germs from reaching you and others, if it's safe for them to do so, i.e., if they're over the age of 2 and are able to remove the mask on their own if they need to.
- Check that air vents in the room are not blocked, as this could prevent the ventilation system from working properly.

3. Discuss with your team

Find out how your audience feels about the topic. Sample questions include:

- What do you usually do when you see a patient who is coughing and has congestion? Do you worry that you might catch something? When might you call for help or assistance?
- Do you have all the tools and information you need to do your job safely?
- As a team, how can we help each other take the right infection control actions when we see a patient who is coughing and has congestion to keep germs from spreading?

4. Wrap up and reinforce

Reinforce key takeaways:

- If you're near a patient with cough and congestion and you don't know what's causing it, use a facemask or respirator to keep from breathing in infectious particles.

Share related facility-specific information and cue to follow-up opportunities:

- Connect content with information such as facility protocols for patients with respiratory virus symptoms, facility triage and screening procedures, where to find respirators and whom to call if there are none left, recent cases or examples of patients with cough and congestion, or other relevant information.
- Share reminders, prompts, and opportunities for further learning as appropriate, including the Project Firstline website at www.cdc.gov/projectfirstline.

One patient with cough and congestion can release germs into the air and infect multiple people quickly.

You can help stop the spread of germs.



Ask the patient to wear a mask.



If you are near the patient, wear a respirator or mask.



Check to make sure air vents are not blocked.



Place the patient in a separate room.

If the patient also has a rash, check with clinical and infection prevention teams for additional infection control steps.



Clean your hands.



Clean and disinfect surfaces and shared devices.

Learn More

Germs Can Live in the Respiratory System Infographic: <https://bit.ly/46Da0WE>
Infection Control Actions to Stop the Spread of Respiratory Viruses: <https://bit.ly/3O1UXhM>
Ventilation in Healthcare Settings: <https://bit.ly/3QOYWjs>

NEW



WATCH Coalition

5 likes • 5 followers



WE ARE ON FACEBOOK! GO LIKE OUR PAGE!

MONTHLY HELPFUL TIPS



CAUCUS GROUP NEWS

OCTOBER MEETING WITH BE THE ICRA TRAINING ON OCTOBER 24TH.

GROUPS WILL NOT MEETING AGAIN UNTIL JANUARY

OCTOBER IS CHILDREN'S HEALTH MONTH. THIS OBSERVANCE SERVES AS AN OPPORTUNITY TO HIGHLIGHT ATSDR'S ON-GOING WORK TO PROTECT CHILDREN FROM ENVIRONMENTAL HAZARDS THAT AFFECT THEIR HEALTH. PROTECTING CHILDREN'S ENVIRONMENTAL HEALTH REQUIRES COLLABORATION AMONG THEIR PARENTS AND CAREGIVERS, COMMUNITIES, HEALTH PROFESSIONALS, AND LOCAL, STATE, AND FEDERAL GOVERNMENTS. ATSDR HAS MANY INITIATIVES IN PLACE TO PROTECT CHILDREN'S ENVIRONMENTAL HEALTH AND ENCOURAGE COLLABORATION.

BETWEEN OCTOBER AND JANUARY, THERE ARE PLENTY OF ITEMS IN YOUR HOME THAT COULD CATCH FIRE. DID YOU LEAVE A CANDLE LIT IN YOUR PUMPKINS? DID YOU THROW A FROZEN TURKEY IN THE FRYER WITHOUT LETTING IT THAW, OR DID YOU HOOK UP 33,000 CHRISTMAS LIGHTS TO ONE OUTLET?

TEN TIPS FOR FIRE SAFETY

1. Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
2. Test smoke alarms monthly. Replace batteries at least once a year.
3. Have a family fire escape plan and practice the plan twice a year.
4. If there's a fire in your home, get out, dial 911 and don't go back inside.
5. Keep matches and lighters out of children's reach.
6. Use flashlights during power outages, not candles.
7. Never leave a burning candle unattended.
8. Turn off space heaters when you leave the room and don't leave them unattended.
9. Only use smoking materials outside.
10. Keep flammable items away from anything that can get hot, such as space heaters.

WHATEVER THE CAUSE MAY BE, LOOK AT THE SAFETY TIPS TO THE RIGHT TO FIGURE OUT YOUR BEST PLAN OF ACTION.



October Fun!



October

Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck!

S	D	W	A	R	F	P	R	K	F	C	B	Y	J
N	G	W	E	Y	I	Z	R	J	O	E	R	D	A
I	R	D	W	C	E	O	N	R	W	G	A	N	C
H	I	O	K	O	W	R	N	B	P	H	K	A	K
C	A	I	C	D	R	S	O	E	L	S	E	C	E
W	N	R	R	A	T	C	O	S	T	U	M	E	T
G	O	A	V	A	N	E	E	W	O	L	L	A	H
H	Y	O	L	E	S	G	U	R	M	I	Z	P	N
A	G	K	D	O	S	E	O	V	A	S	J	E	O
Y	S	O	C	S	R	T	L	U	Z	C	Y	N	O
R	N	I	K	P	M	U	P	P	R	O	S	M	M
I	R	F	F	I	E	L	D	S	P	D	V	U	L
D	E	S	E	V	A	E	L	Z	W	A	S	T	L
E	N	S	C	E	N	I	C	H	O	W	P	U	U
S	L	I	A	R	T	W	A	G	O	N	S	A	F

ACORN	COSTUME	HAYRIDE	SCARECROW
APPLES	FIELDS	JACKET	SCENIC
AUTUMN	FULL MOON	LEAVES	TRAILS
CANDY	GOURDS	PICKING	WAGON
CIDER	HALLOWEEN	PUMPKIN	WOODS
COBWEB	HARVEST	RAKE	YARDWORK
CORNSTALKS			

Not that anyone is counting, but.....

FOOTBALL SEASON IS OFFICIALLY ROCKING AND ROLLING! WHEW! THAT WAS A LONG FEW MONTHS!

30 DAYS UNTIL HALLOWEEN



53 DAYS UNTIL THANKSGIVING



85 DAYS UNTIL CHRISTMAS



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[VISIT OUR WEBSITE AT
WWW.WATCHCOALITION.ORG](http://WWW.WATCHCOALITION.ORG)

GOT ANY IDEAS OR ANNOUNCEMENTS YOU NEED IN THE NEWSLETTER? SEND THEM TO GINGER.RODGERS@TN.GOV AND WE WILL GET THEM IN THE NEXT NEWSLETTER.

