

Conexiones Latinas
Cuatro Condados Unidos
Jefferson-Walworth-Rock-Dodge

The mission of Conexiones Latinas is to inform and educate the Hispanic community of the services available in the counties of Dodge, Jefferson, Rock & Walworth.

For those of you who don't read Spanish, but have an interest in what *Conexiones Latinas* is all about, we will be including a brief summary in English of the articles included in the newsletter. If your organization would like to submit an article or other information for publication in future editions of *Conexiones Latinas* feel free to do so. Information which is time specific should be submitted at the beginning of the quarter **PRIOR** to the quarter in which your event will take place. Publication dates for the year are January, April, July, and October. We want *Conexiones Latinas* to work for you, so let us hear about your organization, upcoming events and information of interest to our community.

Information should be written and ready for publication when it is submitted. If possible, submit the information in Spanish. If this is not possible, you may send it in English and it will be translated by a *Conexiones Latinas* volunteer. Submit information to:

Conexiones Latinas
c/o Jodi Roberts
520 Handeyside Lane, Suite 3
Fort Atkinson, WI 53538

or fax to (920) 568-5023

January/February/March 2014

¿Qué Son los antibióticos?...What Are Antibiotics?

Antibiotics are medicines that kill bacteria. Bacteria can cause infections such as strep throat, ear infections, urinary tract infections and sinus infections (sinusitis). There are many types of antibiotics. Each works a little bit different and works on different types of bacteria. Your doctor will decide which one will work best for you.

Don't antibiotics cure everything?

Antibiotics are powerful medicines, but they cannot cure everything. Antibiotics do not work in illnesses that are caused by a virus. They do not help:

- Common colds
- Influenza (flu)
- Most cases of acute bronchitis
- Most sore throats not caused by strep
- Runny noses

These illnesses usually go away by themselves. Ask your doctor what you can do to feel better.

How can I help to make sure that antibiotics are the best treatment for me?

Here are some things you can do to help make sure antibiotics will work when you need them:

- Always ask your doctor if antibiotics are the best treatment. Tell them that you do not want antibiotics unless you need them.
- Do not ask your doctor to give you antibiotics when they won't help you feel better or cure your illness. Ask your doctor what else you can do to feel better.
- Do not use antibiotics that are for a different illness or for someone else. You may become sicker.

- Protect yourself from illnesses. Keep your hands clean by washing them well with soap and clean, running water.
- Get a flu shot and other vaccines when you need them.

If you need to take antibiotics, tell your doctor or pharmacist about other medicines or supplements you are taking. Be sure to talk about any special diet you may be on, any food or drug allergies you may have and any health problems you have. And, make sure your doctor knows if you are pregnant or trying to get pregnant.

How do I take antibiotics?

When your doctor gives you an antibiotic:

- Take it exactly as directed. Always take the exact amount the label says to take. If the label says to take the medicine at a certain time, follow those directions.
- Take it for as long as your doctor tells you to take it. You may feel better after you take it for a few days but it is important to keep taking the antibiotic as told. You need the full prescription to get rid of those bacteria that are a bit stronger and survive the first few days of treatment. Bacteria that an antibiotic cannot kill (antibiotic-resistant bacteria) can develop if you take only part of the needed amount.

In some cases, antibiotics can cause a dangerous allergic reaction that needs emergency care. Also, if the antibiotic causes side effects that really bother you, call your doctor to ask if there is another medicine that will work as well. Or, ask if you need treatment to deal with the side effects. Some minor side effects are hard to avoid, but if they are more severe, talk about them with your doctor. *Reprinted with permission of Unity Health*

Inmunizaciones...Immunizations

Childhood immunization has been called our society's greatest health care achievement. The development and widespread use of vaccines has led to the reduction of once common childhood diseases. However, the viruses and bacteria that cause disease and death still exist and can be passed on to people who are not protected by vaccines. It is important children, adolescents and adults receive immunizations based on the immunization schedule to prevent disease and death.

Vaccines are safe. Millions of children and adults are vaccinated every year to prevent diseases such as polio, measles, mumps, and hepatitis, human papillomavirus (HPV), just to name a few. The most common side effects from vaccines are swelling or tenderness at the injection site and fever. Serious reactions are very rare, happening in one to two people out of a million vaccines given.

Diseases of the past still exist, vaccines prevent diseases. Diseases of the past do exist though many young parents haven't seen them. This is because of the success of our country's immunization program. People who are not vaccinated, especially children, are at risk for these common illnesses like influenza, chicken pox and whooping cough and can spread these illnesses to others.

Infants and children should receive vaccines based on the immunization schedule.

Babies benefit most from vaccines because their bodies are not yet able to fight off a serious disease. Many diseases preventable by vaccine can have dangerous complications. These include pneumonia, seizures, brain damage, blindness and even death. Young children and babies are most likely to get very sick from certain diseases and that's why vaccines are needed for babies.

Vaccines do not cause autism. Autism has been increasing around the world for many years. In fact, autism rates are the same in vaccinated and unvaccinated children. No one knows yet what causes autism but we do know that autism symptoms often are noticed about the same age young children get their routine vaccines. This can make vaccines seem related. The American Medical Association, American Academy of Pediatrics, Institute on Medicine and World Health Organization have stated there is no connection between vaccines and autism. *Reprinted with permission of Unity Health*

Día de Conmemoración...Martin Luther King, Jr Commemoration

Join us on Saturday, January 11 from 3:00 – 6:00 pm at Blackhawk Technical College in Janesville to celebrate what youth are doing to make the world a better place. There will be a musical presentation from the women’s choir of Janesville Craig High School, a video produced by youth from Rock County will be show, prizes and ethnic food from around the world. Call Leslie for more information 608-752-2100.

Preguntas para OSHA... OSHA Question Corner

Question 1: What are OSHA's regulations regarding bathrooms?

Response: OSHA requirements for bathrooms can be found in the standard, 29 CFR, 1910.141 (c). This rule requires that employers make restroom facilities available to employees in accordance with this table.

Number of employees	Minimum number of toilets
1 to 15	1
16 to 35	2
36 to 55	3
56 to 80	4
81 to 110	5
111 to 150	6
Over 150	(²)

¹Where toilet facilities will not be used by women, urinals may be provided instead of toilets, except that the number of toilets in such cases shall not be reduced to less than 2/3 of the minimum specified.

²1 additional fixture for each additional 40 employees.

The toilet provision does not apply to mobile work crews or to locations that are normally unattended, provided the employees working at these locations have transportation immediately available to nearby toilet facilities, for instance those inside a restaurant or gas station. Mobile crews and workers at normally unattended locations must be able to leave their work location immediately when they need to use a nearby toilet facility. Employees at both fixed locations and on mobile work crews, must have prompt access to toilet facilities.

Question 2: Are there any circumstances in which an employer could regulate restroom usage? Is the restroom allowed to be locked, thus requiring an employee to ask or to sign out a key in order to use the restroom?

Response: The standard's purpose is to protect employees from hazards created when toilets are not available. The standard clearly requires employers to allow employees prompt access to sanitary facilities. Restrictions on access must be reasonable, and may not cause extended delays. For example, a number of employers have instituted signal or relief worker systems for employees working on assembly lines or in other jobs where any employee's absence, even for the brief time it takes to go to the bathroom, would be disruptive. Under these systems, an employee who needs to use the bathroom gives some sort of a signal so that another employee may provide relief while the first employee is away from the work station. As long as there are sufficient relief workers to assure that employees need not wait an unreasonably long time to use the bathroom, OSHA believes that these systems comply with the standard.

Question 3: Is it lawful for an employer to charge employees to go to the bathroom or to make it unpaid time?

Response: Questions of pay for rest/bathroom breaks are not within OSHA's jurisdiction. The State of Wisconsin Labor Standards Bureau addresses breaks and meals for minors (those under the age of 18), but there is nothing for older workers. Their web site is http://dwd.wisconsin.gov/er/labor_standards_bureau/default.htm.

Question 4: Can an employer place any restrictions at all on employee access to toilet facilities?

Response: If an employer puts any restrictions on employee access to toilet facilities, such as locking the doors and requiring the employees to ask and sign out a key, the restriction must be reasonable, and may not cause extended delays. If OSHA were to receive a complaint concerning such a restriction, the Agency would evaluate the situation on a case by case basis to examine the nature of the restriction, including the length of time that employees are required to delay bathroom use, and the employer's explanation for the restriction.

There are four OSHA offices in Wisconsin. Feel free to contact them if you have questions about workplace safety and health. You can also call the toll free number where Spanish language operators take calls.

Appleton: 920-734-2661

Eau Claire: 715-832-9019

Madison: 608-441-5388

Milwaukee: 414-297-3315

Toll Free: 1-800-321-6742

If you have a question that you would like a representative of OSHA to answer you can send it in an email to info@conexioneslatinas.org or mail it to the address listed. Look for an answer in the next issue of Conexiones Latinas.

Como Presentar una Demanda...How to file a complaint with the WHD

The US Department of Labor, Wage-Hours Division is responsible for administration and compliance of some of the most important laws for protecting workers in this country. WHD is charged with ensuring that the workers in this country receive appropriate pay and that they are paid for all hours worked, independent of their immigration status.

If you have problems or questions, you can contact us by calling 1-866-487-9243 or visiting the web-site www.wagehour.dol.gov. The web-site will direct you to the office nearest you. The information needed by WHD is then listed, such as name, address, phone number, company name and location, company phone number, name of a contact at the company, type of work done, how and how often were you paid (ie, cash or check, every Friday)?

All services are free and confidential whether you are documented or not. Remember that your employer cannot fire you for filing a complaint with WHD.