



**“Paleo Sleep: The Time Before iPads & Redbulls”**  
 Dr. Marco De Los Santos, Methodist Sleep Center  
**10/5** 11:30 a.m. – 12:30 p.m.  
 Municipal Plaza Building, City Council Chambers

**“Sleep for Health”**

James Williamson, United Healthcare Health Coach  
**10/11** 7:15 a.m. – 8:00 a.m.  
 Northwest Service Center, Building 1

**“Let’s Sleep On It: Developing a Healthy Sleep Pattern”**

Deer Oaks, Employee Assistance Program  
**10/12** 11:30 a.m. – 12:30 p.m.  
 International Building, La Orilla Del Rio Ballroom



# BATHROOM BANTER

October 2016 (210) 207-WELL wellness@sanantonio.gov

# HALLOWEEN SAFETY TIPS

Each year, poison centers from around the country manage numerous exposure cases involving Halloween-related substances, such as candy, glow sticks, and special cosmetics. Here are some simple precautions adults can take to help avoid poisonous exposures and ensure that children have a safe holiday:



**2017 Open Enrollment** is right around the corner. Open enrollment, which will be held from October 10 – November 4, is the one time of year when all full-time employees can select or make changes to their benefit choices. These changes become effective January 1, 2017. Employees can also add or drop dependents without a qualifying life

event during this time too! All employees who wish to have medical coverage for their dependents must actively participate in open enrollment; otherwise, you will automatically be enrolled at the employee-only tier & your dependents will not have medical coverage beginning January 1, 2017.

If you have any questions, contact your department’s Employee Relations Business Partner or Human Resources Customer Service at 207-8705 or [hrcustomerservice@sanantonio.gov](mailto:hrcustomerservice@sanantonio.gov).



## DRY ICE

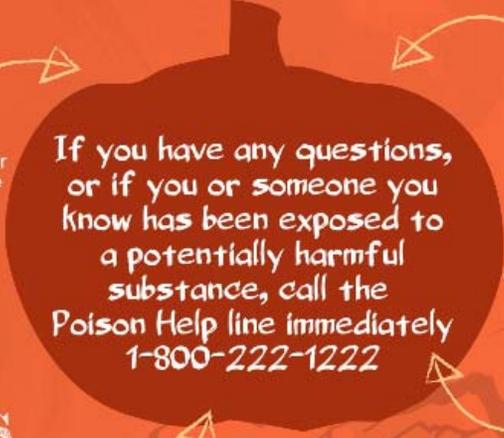
Handle dry ice properly and carefully. Oral/skin exposure or ingestion of dry ice can cause significant damage. Do not store dry ice in the freezer or an unventilated area.



## CANDY & TREATS

Inspect all candy for any signs of tampering (tears, pinholes, discoloration, etc.) before eating or allowing children to eat.

Check all candy and edibles for choking hazards.



**If you have any questions, or if you or someone you know has been exposed to a potentially harmful substance, call the Poison Help line immediately 1-800-222-1222**



## COSMETICS

Test face makeup in a small area of skin first (preferably on the arm) to check for allergic reaction before applying it to the face. Avoid decorating the face or body with products that aren't intended for the skin.

Throw out any makeup that has a very bad smell; this could be a sign of contamination.



## GLOW STICKS

Remind children not to chew on or break open glow sticks or any other glow-in-the-dark products.

While the liquid is considered minimally toxic in small amounts, it can cause skin irritation. Swallowing glow stick liquid can cause nausea and burning. Eyes are especially sensitive to glow stick liquid. Never put these products in the microwave.

**C.O.P.S. ON THE RUN 5K** South Texas C.O.P.S. (Concerns of Police Survivors) will be hosting the annual “C.O.P.S. on the Run” 5k on **Sunday, October 9, 2016**. The run will be held at the Leon Creek Greenway trailhead behind the Drury Inn at I-10 and 1604. Proceeds will benefit the survivors of fallen officers in the South Texas region. Awards will be issued for top 3 male and female runners in several age categories.



Register on-line at <https://www.active.com/san-antonio-tx/running/distance-running-races/c-o-p-s-on-the-run-south-texas-5k-2016?int=72-3-A7>. For a printable registration form and to learn more about or support South Texas C.O.P.S., visit [www.southtexascops.com](http://www.southtexascops.com). Registration is \$25.00 until October 5<sup>th</sup>, then \$30.00 thereafter. **Questions?** Contact Captain Patrick Murnin at 207-2283.



**Be prepared by programming the Poison Help number into your phone TODAY, 1-800-222-1222!**

