



Flu Season 2024 – What You Need to Know

The CDC recommends that everyone in the U.S. six months or older get a flu shot yearly. The best time to get vaccinated is in September or October.

The flu virus changes every year, so the vaccine is updated to match the most common virus for the upcoming season. Last year's vaccination reduced the chances of hospitalization by 40-70%.

People with egg allergies can now get any flu vaccine that's appropriate for their age and health status.

City Medical will be offering flu shots to employees soon. Keep an eye out for more information on when the clinics will be held!

The flu shot is the best way to prevent the flu and its serious complications. Even if you get sick after getting vaccinated, the illness is usually less severe.





Personal Health Assessment Events 2024

August 14th | City Hall, 10 South

August 21st | City Hall, 10 South 7-10 a.m.

October 1st | Spavinaw, 8-10 a.m.

October 2nd | Hicks Park, 7-10 a.m.

A Personal Health Assessment (PHA) takes a snapshot of your current health. By participating in a PHA, you and your provider will be able to identify potential health risks before they could become problematic. A PHA includes a check of your blood pressure, height, weight, waist measurement, and fasting blood draw.

You may also schedule an appointment at one of CareATC's clinics.

There are three easy ways to schedule your PHA appointment:

1. 918.948.6360 (hablamos español)
2. www.careatc.com/patients
3. Download the CareATC app

The PHA is for employees who are currently on one of the City of Tulsa's medical plans. Employees who have completed their Personal Health Assessment (PHA) since January 2024 are eligible for the Preferred Pricing medical premiums for 2025 and will not need another screening. Employees who plan to get their Personal Health Assessment (PHA) must do so by November 30th, 2024, for Preferred Pricing premium medical rates for the 2025 benefit year. **Employees who opt out of having a PHA will incur a \$600.00 annual surcharge which will be added to their medical premiums.** The surcharge will be divided in the amount of \$23.08 per pay period. Dependents do not have to complete a PHA, only the City of Tulsa employee.



Back to School Means: Slowing Down & Sharing the Road

School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

Recognize and Reduce Your Speed in School Zones

The number one rule to remember about school zones is that you must be aware of them. Almost all school zones are preceded by numerous warning signs, flashing lights, and/or speed bumps. All these things are in place to ensure that drivers are aware of the approaching school zone before it is too late. You need to be aware of an upcoming school zone so that you have time to safely reduce your speed without slamming on the brakes at the last minute.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. The following applies to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually, they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially tend to do this
- Be extra vigilant in school zones and residential neighborhoods
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.
