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More Than Just Body Aches and Sniffles Why We Need to Fight the Flu

Chances are, you've gotten the flu. Riddled with symptoms like a runny nose, fever, muscle and body aches and headaches, the flu affected nearly 21,000 people in our region last season.

While most people recover, the reality of how severe and dangerous the flu can be was a wake-up call for my family in 2014. My brother Brad, who was just 37 years old, passed away from the H1N1 flu-virus, complicated by pneumonia and a bacterial infection. He had no underlying health conditions. Yet the flu hit him hard, and within a matter of days he was gone, leaving behind a wife, four children and a shocked family.

Unfortunately, I'm not alone in this loss. Last season, 342 people died from the flu in San Diego County, 255 more deaths than the previous season and the highest number of flu-related deaths in a season since the County began tracking them nearly 20 years ago.

But this flu season, I'm grateful for the opportunity to turn tragedy into action. With a generous donation from WAXIE Sanitary Supply and GOJO, the makers of Purell, we are equipping all 57 recreation centers and 36 public libraries in the City of San Diego with a hand sanitizer station.

Will you join me in fighting the flu? Whether you're a restaurant owner, retail shop manager, parent, student, teacher or neighbor, you have a role to play in our community's health.

The flu can be fatal, yet there is a tendency to not take it as seriously as we should. On behalf of my late brother, and the 342 families who just lost a loved one from the flu, I urge San Diegans to take action.

Vaccination is the most important step in fighting the flu, however, supplementing with good hand hygiene is also critical. Frequently wash your hands, use an alcohol-based hand sanitizer, and regularly sanitize your work space including your cell phone, keyboard, desk and mouse. Clean hands save lives.



Together, let's #FightTheFlu. Watch our announcement with Mayor Kevin Faulconer and Dr. Wilma Wooten from the San Diego County Health and Human Services Agency at: http://bit.ly/fighttheflu_pressconference.



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Keep Cooking Grease Out of the Drain



To prevent residential sewer main clogs, please do not dump fats, oils and grease down your kitchen drain. All cooking oils, including salad dressings and frying oil, should be put into a non-recyclable package and then disposed of in the garbage. For more ways to prevent sewer spills and to keep your drains clear, visit <u>https://www.sandiego.gov/publi</u> <u>c-utilities/sewer-spill-</u> reduction/preventing-sewer-<u>spills</u>.

Door-to-Door Brush Management Inspections



After Thinning and Pruning

Santa Ana winds have returned to San Diego County, creating potentially dangerous, wind-driven wildfires. Over the next several months, a uniformed Code Compliance Officer from the San Diego Fire-Rescue Department's Brush Management Program will be performing door-to-door brush inspections in District Five.

These inspections will ensure our residents take the necessary steps to reduce wildfire risk and have proper defensible space. Learn more at <u>https://www.sandiego.gov/fire/services/brush</u>. If you have any questions, contact the Fire-Rescue Department's Brush Management hotline at 619-533-4444.

I Love a Clean Miramar Lake

For National Clean Up Day, I joined I Love a Clean San Diego volunteers at Miramar Lake to pick up trash and other items. Our haul was part of the 130,000 pounds of debris that was collected at 106 sites by 7,000 volunteers across the County.

Miramar Lake and its Miramar Overlook Park is just one example of the beautiful open spaces that we get to enjoy in District Five. Please do your part to keep our beaches, parks and open spaces clean by properly disposing of your trash and recycling appropriate materials.

Share with me your favorite places and pictures in the District on my Facebook page at <u>http://bit.ly/MarkKerseyFB</u>.



It's Trevor Time: Recognizing Padres Trevor Hoffman



As part of the unveiling of Trevor Hoffman Way, which intersects Tony Gwynn Drive south of Petco Park, I was honored to highlight Hoffman's dedication to the San Diego Padres and our San Diego community.

Hoffman is the third Major League Baseball player to join the Hall of Fame with his plaque depicting him in a Padres cap. While we miss Hoffman's deceptive changeup at the mound, the proclamation and newly unveiled street name ensures we never forget "Trevor Time."

The Evolving Industry of Drone Technology



I was pleased to welcome the public and drone technology experts to District Five, to talk about the quickly evolving industry of unmanned aircraft systems, or drones. San Diego was among 10 agencies chosen nationwide to be a drone testing partner to the U.S. Transportation Department. As part of their tests, the Department of Homeland Security and San Diego Fire-Rescue tested drones in Scripps Ranch, demonstrating how drones give aerial views of an emergency situation before ground crews can arrive.

Community Spotlight: Teradata



Our region is quickly becoming known as an innovation hub for software and other technology companies. The latest high-tech company to relocate their global headquarters to San Diego is Teradata, which specializes in data intelligence and analytics.

In support of job development and economic growth, I was pleased to recognize their commitment to San Diego at the grand opening of their four-building campus in Rancho Bernardo. They're already taking advantage of local favorites by featuring Manzanita Roasting Company as their campus lobby coffee shop.

Teradata has hired 300 workers for its San Diego campus so far this year, and plans to add nearly 200 more workers in San Diego by early next year.



Community Calendar

Scripps Ranch Farmers Market Saturdays, 10380 Spring Canyon Road https://www.facebook.com/scrippsranchfarmersmarket/

PQ Certified Farmers Market Saturdays, Salmon River Road and Fairgrove Lane https://www.facebook.com/PQCertifiedFarmersMarket/

Rancho Bernardo Certified Farmers Market Fridays, Bernardo Winery https://www.facebook.com/rbfarmersmarket/

Free Social Media Tips Oct 26, Conference Call https://chamber.sdbusinesschamber.com/events/details/free-socialmedia-tips-conference-call-10-26-2018-21920

Trick or Treat at the Scripps Ranch Farmers Market Oct 27, 10380 Spring Canyon Road https://www.srfm.org/ Mail Ballot Drop-Off Location Oct 29-Nov 5, Rancho Peñsquitos Public Library https://sandiego.librarymarket.com/mail-ballot-drop-location-5

Halloween Festival Oct 31, Rancho Bernardo Library https://sandiego.librarymarket.com/halloween-festival

Election Day Nov 6 Find your polling place at <u>https://www2.sdcounty.ca.gov/rov/eng/</u> <u>polling.asp</u>

San Diego Asian Film Festival Nov 8-17, Various Locations https://sdaff.org/2018/

Introduction to Java Nov 10, Rancho Peñsquitos Public Library <u>https://sandiego.librarymarket.com/introduction-java-presented-tech-academy-girls</u>

National Geographic Features San Diego

National Geographic is highlighting what makes San Diego such a unique destination in a four-episode miniseries. Each episode will showcase a different theme, looking at San Diego and its rich cultural heritage through a different lens. Check out the showtimes at https://www.sandiego.org/campaigns/natgeo-balboa-park.aspx



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