It’s Time to Spring Forward and Change Your Batteries!

Your vaccine thermometer batteries should be changed every six months. A good reminder is to change them with every daylight saving time change. This spring daylight saving time is **Sunday, March 10, 2019**.

This time of year is also good for **spring cleaning** of your vaccine fridge. Here are some tips to consider:

- Check the expiry dates of all vaccines and diluents. Ensure all expired product is removed from the vaccine fridge and returned to the public health unit.

- Make sure vaccines are organized by product and are being stored in original packaging.

- Maintain space between vaccines to allow for air circulation and ensure vaccines are stored on internal shelves of the vaccine fridge.

- Ensure that there is no food, beverages or specimens in the vaccine fridge, except **cold water bottles** to assist with the regulation of fridge temperatures.

As a reminder, please call the Durham Region Health Department immediately if your fridge temperatures go below +2 ºC or above +8 ºC. For cold chain incidents you can reach us at 905-668-7711 ext. 3063.

Health care provider resources now available to order online [durham.ca/HCP](https://durham.ca/HCP).