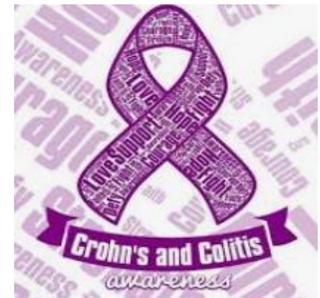


December 2020 Health Awareness



December 1st – Worlds Aids Day - it is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day. Over 103,800 people are living with HIV in the UK. Globally, there are an estimated 38 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. For more information, please go to <https://www.worldaidsday.org/>

Crohn's & Colitis Awareness - What causes Crohn's? The exact cause is not fully understood, however, it known to involve an interaction between 3 things: genes, the immune system, and environmental factors. Crohn's is a chronic, inflammatory condition of the gastrointestinal (GI) tract; thought of as an autoimmune disease; unpredictable—no one can know how it will affect a particular person. For more information go to <https://www.crohnsandcolitis.com/crohns/disease-symptoms>



Influenza Awareness - Getting a flu vaccine during 2020-2021 is more important than ever because of the ongoing COVID-19 pandemic. Flu vaccination is especially important for people who are at high risk from flu; many of whom are also at high risk for COVID-19 or serious outcomes. Protect your health- Getting an annual flu vaccine is the best way to protect yourself and your loved ones from flu. If you are at high risk of developing serious flu complications, vaccination is especially important. When you get vaccinated, you reduce your risk of getting sick with flu and possibly being hospitalized or dying from flu. This season, getting a flu vaccine has the added benefit of reducing the overall burden on the health care system and saving medical resources for care of COVID-19 patients. If you have not gotten your flu vaccine yet, get vaccinated now. For more information go to https://www.cdc.gov/flu/highrisk/index.htm?s_cid=WS-Flu-Y1-P1-Con-6-GGL-V3-S



National Hand Washing Awareness Week (December 1-7) Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family. <https://www.cdc.gov/handwashing/index.html>



Holiday Safety Tips - Tis the season – to celebrate safely! This is not just the time of year that we eat more than usual, it is also the time when we have the most household accidents and fires. To help make sure your holidays do not go from merry to scary, remember these Twelve Holiday Safety Tips click here <https://www.esfi.org/resource/12-winter-holiday-safety-tips-677> or see the attached.