

DECEMBER 2024

December 1st is World AIDS Day!

1

**12/1 World AIDS Day
Happy Holidays!
Safe Toys and Gifts**

2

**National Handwashing Awareness
Week
Influenza Vaccination Week**

3

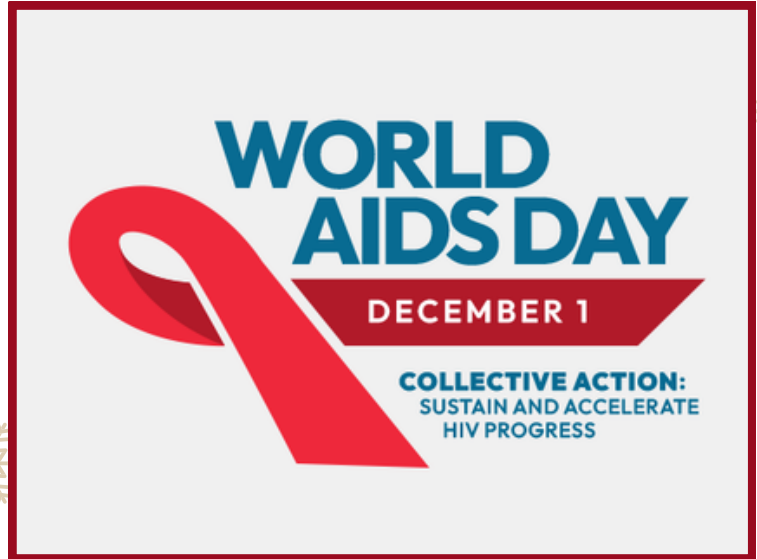
**National Impaired Driving Awareness
Month
New Year's Eve Resolutions- Quit
Smoking**

ATTENTION

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month.

For more information, please e-mail:

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World AIDS Day was first designated on December 1st, 1988 as a way to raise awareness and show support for those living with HIV/AIDS. We celebrate the progress we have made providing access to care. To learn more World AIDS Day, please visit the World Health Organization here:

<https://www.who.int/campaigns/world-aids-day/2024>

DECEMBER IS

**SAFE TOYS
AND GIFTS
MONTH**

Prevent Holiday ER Visits

- DO NOT give toys with small parts (including magnets and button batteries) to small children
- DO give protective equipment with sports gear
- Immediately discard wrapping and packaging
- To learn more, visit [here](#).





National Influenza Vaccination Week

DECEMBER 7-12



Spread *joy,* Not Germs!

Keeping hands clean is one of the most important things you can do to prevent the spread of germs like the flu, RSV, and other viruses. Make sure to wash your hands especially after:



Its not too late to vaccinate!

Peak flu activity is from December to February! Many drugstores offer low-cost or free flu-shots, and some even offer store coupons when you get your flu shot.

Things to know before you get flu shot:

- Everyone over the age of 6 months should get a flu shot every season, with rare exceptions.
- It takes two weeks after vaccination for antibodies that protect against flu to develop in the body
- For adults 65 and older, there are 3 flu vaccines that are preferentially recommended.

Source: <https://www.cdc.gov/flu/vaccines/vaccinations.html>

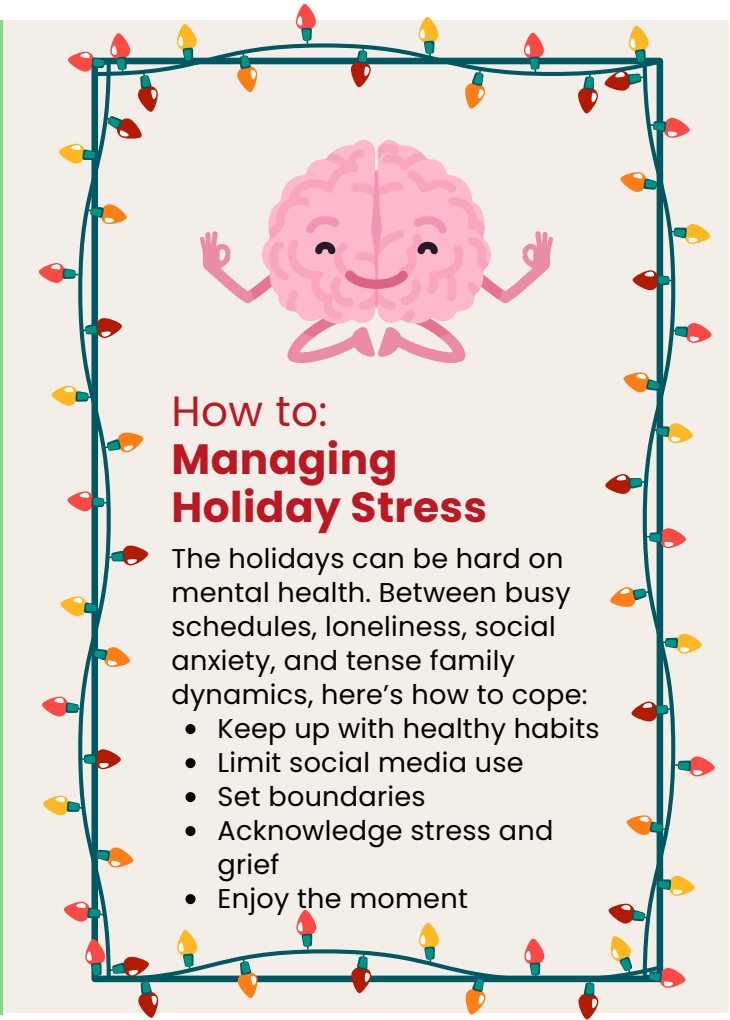
National Handwashing Awareness Week

DECEMBER 1-7





December is National Impaired Driving Prevention Month. Christmas Eve and New Years Eve are the most deadly days of the year in terms of car accidents. If you are going to drink, plan a sober ride. Just one drink is enough to cause decline in visual function, motor skills and judgement.



**December 31
New Years Resolutions- Quit
Smoking**



The holidays can be a stressful time, but did you know nicotine addiction worsens feelings of anxiety, depression and stress?

Quit DON'T Switch




- There is no e-cigarette approved by the FDA to help people quit smoking.
- E-cigarette use is highly addictive; the amount of nicotine contained in each cartridge is highly variable. To learn more, visit [here](#).

Resources:

- Creating a quit plan is key to taking the first step to successfully quit smoking. Learn more [here](#).
- 1-800-QUIT-NOW (1-800-784-8669) to speak with a Quit Coach to help you personalize your quit plan
- Speak with your doctor



4 New Years Resolution Tips

1. Set realistic and specific goals 
2. Identify obstacles that might get in the way of your success
3. Ask for support from loved ones 
4. Track your progress 

Click [here](#) for more information.