



# CHATTING ABOUT HEALTH

## HIV/AIDS

- **HIV** (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).
- Most people get HIV through anal or vaginal sex, or sharing needles, syringes, or other drug injection equipment.
  - *HIV in **NOT** Transmitted by insects, through saliva/tears/sweat, or through casual social contact.*
- **Symptoms**
  - Some people have no symptoms at all.
  - Most people have flu-like symptoms within 2 to 4 weeks after infection.
  - Since other illnesses can cause similar symptoms, **the only way to know if you have HIV is to get tested**
- There is no cure for HIV, but you can control it with treatment.
  - Most people can get the virus under control within six months.
  - HIV treatment does not prevent transmission of other sexually transmitted diseases.



Learn more:

<https://www.cdc.gov/hiv/basics/index.html>



## FLU



According to CDC, flu activity in the US usually peaks between December and February. In addition to flu viruses, several other spread during flu season and can cause symptoms similar to those seen with flu.

- Rhinovirus (one cause of the “common cold”)
- Respiratory syncytial virus (RSV) is the most common cause of severe respiratory illness in young children and a leading cause of death from respiratory illness in those aged 65 years and older.



<https://www.cdc.gov/flu/about/keyfacts.htm>

**Get vaccinated- find a local clinic**

<https://www.chathamhealth.org/team-3>



# WINTER WEATHER SAFETY

## 5 Tips to Stay Safe and Warm this Winter

Winter's cold, snow and ice mean increased risk of car accidents, hypothermia, frostbite and carbon monoxide poisoning.

Here are some tips to help you stay warm and safe this winter.

### Retain as much heat in your house as possible.

- Close blinds/curtains to keep heat in.
- Close off unused rooms.
- Fill cracks around doors
- If you lose power in a storm, there may be a warming center near you.
- Be careful how you heat your home.
  - Never use a gas stovetop or oven to heat your home
  - Only plug one heater in an outlet at a time.



Keep flammable items at least 3 ft from a heat source.



### NEVER use a generator in your house, basement or garage

- Keep portable generators outside away from windows and as far from your home as possible.

Install and test CO alarms monthly

<https://www.fema.gov/blog/5-tips-stay-warm-and-safe-winter>



### Prepare your car

- Your car emergency kit should include
- jumper cables
- ice scraper
- phone charger
- blankets and extra warm clothes
- food and water



Remember also to check antifreeze levels, battery, brakes, heater/defroster. Consider installing winter tires and/or chains.

### Keep your body warm

- Use layers of loose-fitting, lightweight, warm clothing
- Eat regularly
- Drink warm liquids



If you experience numbness, memory loss, drowsiness or grayish skin, you may be experiencing hypothermia or frostbite.

- Go to a warm room
- Apply WARM water to the affected area
- Seek medical attention

## COVID-19

- COVID-19 vaccines are safe and effective
- CDC recommends that everyone 5 and older get the updated bivalent booster if it has been at least 2 months since they completed their primary series or had their last booster dose.



Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>

