

Coping with Grief during the Holidays

1. Find ways to remember
2. Make time for yourself
3. Give yourself permission to say "no"
4. Change some traditions
5. Do something for others
6. Express your feelings

SharonMartinCounseling.com

LCBOE HEAD START

DECEMBER 2017

NURSE'S NOTES

WORLD AIDS DAY

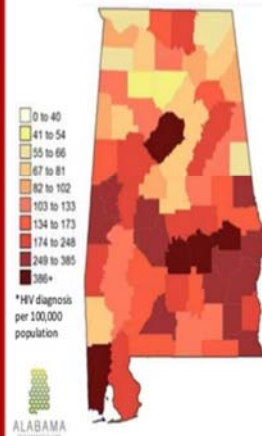


HOLIDAY
BLUES

Welcome to the December issue of *Nurse's Notes*. During this month our topics of focus are: **HIV/Aids, Handwashing, Flu, and Depression during the holidays**. During the month of December we recognize World Aid's day, have you been screened for HIV/Aids? December 1st has been designated as World Aid's Day. I hope you find this information not only interesting but useful as well.

~Nurse Robinson

Rates of Individuals Living with an HIV Diagnosis in Alabama



• At the end of 2012, a total of 11,936 individuals were known to be living with HIV in Alabama. Of these individuals, 4,869 (41%) had progressed to the AIDS diagnosis.

• It is estimated that an additional 2,000 to 4,000 individuals are living with HIV but unaware of their status.

ALABAMA



Just because you're supposed to be happy around the holidays doesn't mean everyone is, and that's OK.

Shelly Conner

Fight the flu

- Protect yourself, protect others—get a flu vaccine every year.
- Prevent the spread of germs—cover coughs and sneezes.

To learn more, visit www.cdc.gov/flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Celebrate National Handwashing Awareness Week December 2-8, 2007



Henry the Hand's 4 Principles of Hand Awareness:

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers in your eyes, nose or mouth!

www.henrythehand.com

Dr. William P. Sawyer ©

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP