



2020 Theme: Ending the HIV/AIDS Epidemic: Resilience & Impact

December 1 is World AIDS Day, an opportunity to unite in our efforts to stop new HIV infections, support those affected by HIV, and remember those who have lost their lives to HIV-related diseases. The 2020 theme focuses on the global commitment to deliver quality, people-centered HIV prevention and treatment services for impact. The theme also speaks to strengthening the capacity and resilience of communities and health systems to address HIV prevention services in the midst of a global pandemic. While COVID-19 has created major new challenges, the U.S. Department of Health and Human Services and its partners remain committed to accelerating efforts to end the HIV Epidemic.

**ASK YOUR DOCTOR FOR AN HIV
TEST AS PART OF YOUR CHECKUP!**



Since the beginning of the epidemic, partnerships among governments, multilateral institutions, the private sector, community-based organizations, and many others have been key to the programs and scientific achievements that have helped prepare the tools needed to control the epidemic and lay the groundwork for ending this disease. Recent data from CDC demon-

strates strong progress against HIV, but achieving epidemic control requires focusing on those groups at greatest risk for transmitting and acquiring the virus. CDC and partners are on the front lines working to accelerate efforts to reach the most vulnerable populations with targeted HIV prevention and treatment.

Broward County has experienced among the highest rates of new HIV and AIDS cases in the United States. Disproportionately impacted groups include Men Who Have Sex with Men (MSM) of all races and ethnicities and Women of Color. In order to address the local epidemic the Florida Department of Health in Broward County leads HIV prevention efforts. These efforts include leadership of the Broward County Prevention Planning Partnership as well as the implementation of high impact prevention interventions directly and through contracts with partner agencies that serve disproportionately affected groups.

Source: CDC

**THERE ARE MANY
PLACES TO GET AN
HIV TEST**

Find one near you: [Locator.HIV.gov](https://locator.hiv.gov)



WEAR A MASK

**MY MASK
PROTECTS YOU**



**YOUR MASK
PROTECTS ME**

ONLY TOGETHER CAN WE SAVE LIVES

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National Influenza Vaccination Week (NIVW) 2020 is observed December 6-12. CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine. As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible against flu. Vaccination efforts should continue through the holiday season and beyond. It's not too late to vaccinate.

Getting vaccinated later can still be beneficial and should be done as soon as possible before flu begins spreading in your community. Even if you haven't yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get).

Influenza (the flu) can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from the flu, including people who are otherwise healthy. You can get the flu from patients and coworkers who are sick with the flu. If you get the flu, you can spread it to others even if you don't feel sick.

The Center for Disease Control (CDC) says that you can take these preventative steps to help fight the flu.



- Avoid close contact with others
- Cover your nose and mouth with a tissue for sneeze and cough
- Wash hands often with soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect common surfaces (doorknobs, keyboards, and phones)
- If you feel sick at work or in class, go home as soon as possible

Source: CDC



Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness.

Hand hygiene matters.

While you don't have to hold the handshakes and high fives, regular and proper hand washing is key to saving yourself and your colleagues from germs that harm your health.



Why should we wash our hands?

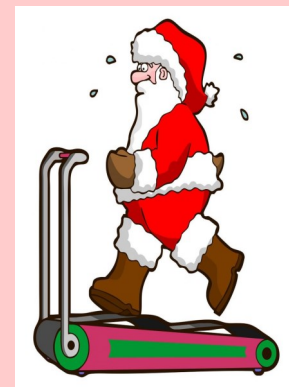
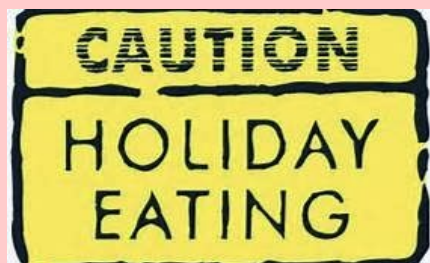


WASH HANDS WITH SOAP reduce diseases by **50%**

VIRUS can stay on hand & surface up to **50%**

PROPER HAND HYGIENE minimise respiratory infection by **16%**

20 SECONDS, it takes to wash your hands



Holiday Fit!

Even for those who are health and fitness-conscious, staying in shape can be especially difficult during this time of year. The cold weather can easily discourage us from working out outside, while the taste of chilled eggnog and the smell of freshly baked goods make it a bit too easy to overindulge in treats. It's important to keep active during the holiday, even if you cannot devote as much time as you usually do to your fitness regime. Here are some tips that can help you this holiday season:

- Shop online and use the time you save for exercise.
- If shopping in the store is a must, shop downtown, shop in a huge mall, or in an urban neighborhood where running your errands will involve a lot of walking.
- Mark an exercise appointment on your calendar, and keep it as faithfully as you would any other appointment.
- The gyms may not be open, however, there are lots of safe alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds. Aerobics can be done successfully at home. Another important point to consider is that avoiding crowds does not mean avoiding nature. Going for a brisk walk or jog outside in uncrowded areas outdoors is still considered relatively safe. Push-ups, sit-ups, jumping-jacks and more exercises are great ways to stay fit away from the gym.
- If it's too cold for a walk outside, just jog or march in place in your room while you listen to music, watch TV or catch up on the phone with that cousin you haven't seen since last year.



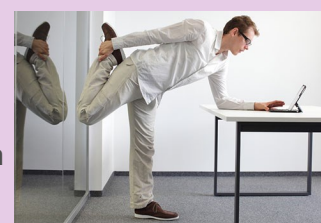
Remember to eat the foods you love, not just what is available. If you do treat yourself, don't feel guilty. Savor the treat and just be mindful of your decision. Remember to relax a little. Enjoy holiday traditions and embrace special times with friends and family members (in accordance with CDC guidelines). And rather than trying to lose weight, just do your best to maintain your fitness level and make it to New Year's Day without any new pounds showing up on the scale. That alone is something worth celebrating.



Source: Health & Fitness Travel

Walking During Lunch Can Create A Better Work Day

Recently, a study in the Journal of Occupational Health Psychology found that taking a relaxing, 15-minute walk during a lunch break provides employees with better focus and less fatigue during the afternoon hours. The researchers also learned that the effects of this walk may last into the evening hours, when making dinner, helping children with homework and other evening tasks require energy and concentration. By breaking up the day with a walk outdoors, the brain is allowed a rest from the cognitive process required during the work day. This can lead to better production and more creativity. When walks are not option, either due to weather or location, other activities such as standing yoga poses, tai chi, going up and down a few flights of steps, or even seated exercises may provide you with better focus and less fatigue during the afternoon hours.



Holiday Eats

Parsnip-Celery Root Latkes

Swap the potatoes for other root vegetables, such as parsnips and celery root, and you'll be rewarded with fewer calories and more fiber than in traditional latkes. Serve with sour cream and applesauce, if desired. Servings: 2 latkes, 215 calories per serving.

Ingredients

- 4 medium parsnips, peeled and cored if necessary
- 1 small celery root, peeled
- 4 large egg whites, lightly beaten
- 1/4 cup white whole-wheat flour and baking powder
- 2 Tbsp chopped chives, plus more for garnish
- 1 tsp whole-grain mustard
- 3/4 tsp salt
- 1/2 tsp ground pepper
- 8 Tbsp extra-virgin olive oil, divided
- Crème fraîche or sour cream for garnish (optional)



Preparation (40min)

- Preheat oven to 300°F.
- Shred parsnips and celery root. Combine egg whites, flour, chives, mustard, salt, pepper and baking powder in a large bowl. Stir in the shredded vegetables.
- Heat 2 Tbsp oil in a large skillet over medium heat. Cook 4 pancakes per batch, using about 1/4 cup of batter for each. Cook until golden, 2 to 3 minutes per side. Keep warm in the oven. Repeat for 3 more batches, using 2 tablespoons oil for each batch.
- Serve topped with crème fraîche (or sour cream) and chives, if desired.

Source: Eating Well



Roasted Sweet Potato, Pear, and Onion

8 Servings. Total Time: 55mins

Ingredients

- 2 Bartlett pears, about 14 oz, cored and cut into wedges
- 2 small red onions, cut into wedges
- 2 small sweet potatoes (about 1 lb), cut into 1/2-inch-thick half-moons
- 6 sprigs thyme, plus more for serving
- 3 tbsp. olive oil
- Kosher salt
- Pepper

Directions

- Heat oven to 425°F. On large rimmed baking sheet, toss pears, onions, sweet potatoes, and thyme with olive oil and 1 teaspoon each salt and pepper. Roast until golden brown and tender, 35 to 45 minutes.
- Sprinkle with additional thyme if desired

Source: www.goodhousekeeping.com



Protect Yourself and Your Family from Covid-19 During the Holidays



DO

- * Celebrate virtually or only with members of your household
- * Gather outdoors if possible
- * Open windows and doors if inside
- * Limit the number of attendees
- * Wear a mask
- * Stay 6 feet apart
- * Wash your hands often



DON'T

- * Attend gatherings if you are ill, in isolation or quarantine
- * Attend gatherings if you are waiting for COVID-19 test results
- * Attend gatherings if you, or someone you live with, is at higher risk from COVID-19
- * Shake hands or hug
- * Gather in crowded indoor spaces
- * Sing or shout
- * Share food or drinks



please see www.cdc.gov/coronavirus

The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe. See more guidance on www.cdc.gov.

Managing Holiday Stress

The end-of-year holidays are certainly a happy time for most of us, but the stress of the season puts many of us on edge. Because the holiday season often requires us to keep track of and pay attention to a greater number of responsibilities than usual, the brain's prefrontal cortex goes into overdrive. Over time, a high level of demand can decrease memory, halt production of new brain cells, and cause existing brain cells to die.

Everyone is familiar with the tension that the holidays can cause at home, but the work-place can be similarly frantic and filled with anxiety during the season. The added pressures of holiday-shortened deadlines and end-of-year business demands takes a steep toll on already frayed nerves. People who feel stressed during the holidays should evaluate how they spend their time, decide what they want the holidays to mean to them, and keep their expectations for the season realistic.

Here are some tips to help reduce the stress:

- Start early on deadlines for work to minimize work-related stress.
- Shop early, when there is more of a selection and stick to your gift budget.
- Try getting help in the kitchen from the immediate family when preparing their favorite dishes.
- Cook and freeze foods ahead of time.
- Simplify holiday commitments and traditions.
- Discuss with your family which traditions are most important to you and to them. It's okay to re-evaluate past traditions.
- Allow time for yourself and remember to do things that you enjoy.
- Take the time you need to finish tasks that are important to you.
- Don't try to complete everything at once.
- Ask others, including the kids, to help you complete chores.
- Rest when your body tells you to.
- Don't over-schedule yourself.
- Allow enough time to relax and recover.



70%
of
employees
feel **more**
stressed during
the holidays.

Stress less. **EnJOY** more.

Source: Harvard Medical , American Management Association & Cleveland Clinic

STAY HEART HEALTHY FOR THE HOLIDAYS



Wishing you a happy, healthy
and **safe** holiday season

Contact Us:

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Don't Wait for a *Second*: Make a List and Check it Twice

- 1 Take Your Medications**
Take medications as your doctor prescribed. They help you avoid another heart attack. Forgetting to take a dose or get a refill can lead to big health problems. 
- 2 Follow-Up With Your Doctor**
Getting better means working together with your healthcare team. See your doctor within 6 weeks of your heart attack to help keep your recovery on track. 
- 3 Participate in Cardiac Rehab**
Cardiac rehabilitation improves your physical and emotional recovery by increasing your physical fitness, helping you adopt heart-healthy living, and addressing sources of stress. 
- 4 Manage Risk Factors**
Common risk factors include smoking, high cholesterol, high blood pressure and diabetes. Use medications and lifestyle changes to lower your risk of another heart attack. 
- 5 Get Support**
Sharing your journey to recovery with family, friends and other survivors can help reduce anxiety and loneliness. 

Act now to prevent another heart attack.
Visit heart.org/heartattackrecovery to learn more.