



## National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day.

In December we're raising awareness about the ongoing fight against HIV/AIDS — and the importance of getting the flu vaccine.



- **World AIDS Day**

Every year on the first of December, the National AIDS Trust sponsors [World AIDS day](#) to raise awareness, show support for people living with HIV, and unite in the fight against HIV. Use the [2021 World AIDS Day campaign assets](#) to spread the word about HIV with your networks. You can also share the CDC's MyHealthfinder resources on [getting tested for HIV](#) and [talking to the doctor about HIV testing](#). And don't forget to track on the Healthy People 2030 objectives related to [reducing sexually transmitted infections and improving access to quality STI care](#).

- **National Influenza Vaccination Week**

The Centers for Disease Control and Prevention (CDC) recognizes [National Influenza Vaccination Week](#) from December 5 to 11 to highlight the importance of flu vaccination. Check out [CDC's digital media toolkit](#) for key messages and resources on flu you can share with your community. You can also help spread the word by sharing our MyHealthfinder resources on [protection from seasonal flu](#). Check out the [Healthy People 2030 objective](#) focused on increasing the number of people who get a flu vaccine. And finally, be sure to read the second phase of the [National Action Plan to Prevent Health-care Associated Infections](#): Roadmap to Elimination focused on increasing flu vaccination among health care professionals.

***Together, we can take steps toward a healthier nation.***

SECOND WEDNESDAY WEBINAR SERIES

### The Time and Stress Management Tool Kit

Date: 12/08/2021 | Time: 1:30 PM to 2:30 PM EST

REGISTER FOR THIS EVENT

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# MLE - News in Health

MyLifeExpert.com Monthly Newsletter

December 2021

## 12 Ways to Have a Healthy Holiday Season

*Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.*

1. **Wash hands often to help prevent the spread of germs.** Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control.
4. **Don't drink and drive or let others drink and drive.** Choose not to drink and drive and help others do the same.
5. **Be smoke-free.** Avoid smoking and secondhand smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

### HOLIDAY SHOPPING TIP

**Make a list and a budget.** Those impulse purchases (looking at you, cozy sweater) are less tempting when you have a game plan. Consider how much you're willing to put on your credit card, and how long it might take to pay it off. If money's tight, paying for a gift over time through layaway might help.



### Healthy Choices

#### This Holiday Season Do What's Best for You and Your Loved Ones

##### Take Care of Yourself

- Being away from family and friends during the holidays can be hard.
- When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others.

##### Do What's Best for Your Household

- Doing what's best for you includes eating healthy foods and getting enough sleep.
- Take care of your body and stay active to lessen fatigue, anxiety, and sadness.

##### Spend Time with Those in Your Household

- Hard choices to be apart this year may mean that you can spend many more years with your loved ones.
- Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



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