

How to Prevent Frostbite and Hypothermia

If you work or play outside during the winter, you need to know how cold affects your body. Being active in the cold can put you at risk for problems such as hypothermia and frostbite.

How Cold Affects You

In cold weather, your body tries to keep a warm inner (core) temperature to protect your vital organs. It does this by slowing blood circulation in your face, arms, hands, legs, and feet. The skin and tissues in these areas becomes colder. This puts you at risk for frostbite. If your core body temperature drops just a few degrees, hypothermia will set in.

Dress in Layers

They key to staying safe in the cold is to wear several layers of clothing.

- An inner layer that wicks sweat away from the skin. It can be lightweight wool, polyester, or polypropylene (polypro). Never wear cotton in cold weather. Cotton absorbs moisture and keeps it next to your skin, making you cold.
- Middle layers that insulate and keep heat in. They can be polyester fleece, wool, microfiber insulation, or down.
- An outer layer that repels wind, snow, and rain. Try to choose a fabric that is both breathable and rain and wind proof. If your outer layer is not also breathable, sweat can build up and make you cold.

Source: medlineplus.gov

The Importance of Eating Vegetables

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure and may also reduce the risk of developing kidney stones and help to decrease bone loss.



Source: choosemyplate.gov

National Hand Washing Awareness Week

1. Do it right

Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.



2. Learn the Four Principles of Hand Awareness

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are:

1. Wash your hands when they are dirty and before eating
2. Do not cough into hands
3. Do not sneeze into hands
4. Don't put your fingers in your eyes, nose or mouth.

Source: nationaltoday.com

World AIDS Day

World AIDS Day is observed each year on December 1 and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died. Started in 1988, World AIDS Day was the first ever global health day.

Today, an estimated 36.7 million people are living with HIV worldwide. Global efforts have resulted in 19.5 million people worldwide receiving lifesaving antiretroviral treatment as of September 30, 2017. Since the peak of the epidemic in 2005, annual AIDS-related deaths have declined by 48%.

CDC recommends that everyone in the United States aged 13-64 get tested at least once as part of routine medical care. People at high risk for HIV should get tested at least once a year.

Source: cdc.gov



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