



Healthy Living Update

World AIDS Day is December 1st

The number one thing you can do on World AIDS Day is get tested for HIV and make sure that you know your status. HIV (human immunodeficiency virus) is transmitted through blood, semen, vaginal secretions and breast milk of a person infected with the virus. HIV is transmitted during unprotected sexual contact, injection drug use, breastfeeding, and from mother to child in the womb or at birth. AIDS is the late stage of HIV infection, when a person's immune system is severely damaged and has difficulty fighting diseases.

You can protect yourself from HIV:

- Choose not to have sex
- Use a condom or barrier for sexual contact
- Talk with your partner about their HIV status
- Don't share injection needles
- Know your status: get tested

HIV testing is available at Bismarck-Burleigh Public Health. The test looks for HIV antibodies and not the virus itself. A person's body responds to HIV by developing antibodies to help fight off the virus. In North Dakota, testing is done free and confidentially and with rapid-testing, results are available within **20 minutes**. Call BBPH at 355-1540 to set up an appointment – to know your status. Additional information is available @ www.ndhealth.gov/hiv and www.aids.gov



This Month at Public Health:

Immunization Clinics:

- December 2 – 1:00-6:00 pm
- December 13 – 1:00-5:00 pm
- December 17 – 1:00-6:00 pm
- December 30 – 1:00-6:00 pm

OPOP:

- December 9
- December 10
- December 16

Cholesterol Screenings:

- December 20

Holiday Closings

- December 25 – Christmas Day

Top Items for Your Winter Survival Kit

People planning travel this winter season need to be prepared for the elements, especially in ND. Below are some must-haves for your winter survival kit in your car:

- Flashlight and batteries
- Shovel
- Booster cables
- Blankets/Extra clothes
- Sand or kitty litter (for tire traction)
- Non-perishable food
- GPS or roadmaps and a compass



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STAY ACTIVE DURING WINTER

It can take a little extra effort to stay active when it's cold outside, but it's worth it.

The benefits of physical activity are many:

- *Strengthens your immune system.
- *Reduces feelings of depression, anxiety and stress.
- *Improves sleep
- *Helps maintain a healthy weight.

Physical Activity Basics

- Goal is to be active 30 minutes a day—break it up throughout the day if you have to.
- Physical activity does not need to be strenuous to be beneficial.
- Opt for activities you enjoy—those will be much easier to add to your day.
- Stay active with family and friends—they will motivate you when you need it.

Winter Outdoor Activities

- Shoveling Snow
- Sledding
- Walking
- Ice Skating

Winter Indoor Activities

- Dance
- Take the stairs
- Walk at the local mall
- Swimming at an indoor pool
- Do stretches, jumping jacks, jog in place, etc. during commercial breaks while watching TV

Handwashing 101

When the weather cools, people stay indoors more often. The number of colds and flulike symptoms begin to increase at this time of year. Did you know that proper hand washing is the *single most important* way to help prevent the spread of illness?

When should you wash your hands?

- Before, during and after preparing food
- Before eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing or sneezing
- After touching an animal or cleaning up after a pet
- After touching garbage
- Before and after treating a cut or wound

4 Steps to Proper Hand Washing

1. Wet your hands with clean, warm, running water and apply soap. (People often reach for the soap before wetting their hands.)
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of hands, between fingers and under nails. Continue rubbing for at least 20 seconds. Sing the “Happy Birthday” song twice to time yourself.
3. Rinse your hands well under warm running water.
4. Dry your hands using a clean towel, paper towel or an air dryer.

What about hand sanitizer??

Washing your hands with soap and water is the best way to clean your hands. If water is not readily available, you can use an alcohol-based sanitizer with 60 percent alcohol. Be sure to read the directions to see how much to use. Rub the sanitizer all over your hands and between your fingers until your hands are dry.



National Influenza Vaccination Week is Dec. 8-14, 2013

Have you gotten your flu vaccine? It's not too late!
Call 355-1540 to make an appointment.