



News at the Q



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December - 2019 - Clarity

National Health Observances for December

- World AIDS Day
- National Influenza Vaccination Week
- Safe Toys and Gifts Month

World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day. Over 101,600 people are living with HIV in the UK. Globally, there are an estimated 36.7 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. Despite this, each year in the UK over 4,300 people are diagnosed with HIV, people do not know the facts about how to protect themselves and others, and stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

CDC works side by side with ministries of health, civil and faith-based organizations, and other on-the-ground partners in more than 45 countries and regions around the world to improve methods for finding, treating, and preventing HIV. As a key implementer of PEP-FAR, CDC works with partners to:

Build surveillance systems, which are necessary to depict and measure the problem and help countries better understand their unique HIV epidemics. The PHIA's are a key example of surveillance efforts led by CDC and partners.

Strengthen laboratory systems, which are the foundation of the HIV response from making a diagnosis to measuring viral suppression. CDC and partners are expanding HIV screening to ensure more people with HIV are diagnosed. In fact, CDC has developed and is currently evaluating a simple, rapid test that can simultaneously diagnose HIV and identify if an infection is recent. CDC also is expanding viral load testing to monitor the effectiveness of HIV treatment.

Deliver life-saving antiretroviral medicines to men, women, and children all over the world.

CDC and partners are using innovative treatment delivery models, including community support groups, to help more people with HIV get treatment and stay on it.



Support evidence-based HIV prevention programs to reduce transmission and acquisition of HIV, including voluntary medical male circumcision for men at greatest risk for HIV in 14 African countries and pre-exposure prophylaxis.

To support local organizations, CDC hosts a database of evidence-based, [effective interventions](#). This resource can serve as a starting point for programs that are developing new initiatives. On-the-ground leaders also use CDC's National Prevention Information Network ([NPIN](#)) to collaborate with their peers and access information and resources.

A new [cooperative agreement](#) through which CDC will award state and local health departments about \$400 million each year for conducting HIV surveillance activities and providing high-impact prevention programs to the populations and geographic areas of greatest need.

<https://www.worldaidsday.org/about/>

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*End of Year Luncheon
December 13, 2019
Chart House
Columbus Ave. &
Lombard Sts.
Phila. PA
12:00pm- 5:00pm
Office Closes
11:00pm
Attendance is
Mandatory*



**There is still time,
Open Enrollment Ends
December 15, 2019
For more
Information,
please contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309**

National Influenza & Vaccine and Safe Toys and Gift Month

National Influenza & Vaccine Week

This year, National Influenza Vaccination Week (NIVW) takes place December 1-7, 2019. NIVW highlights the importance of continuing flu vaccination through the holiday season and beyond. If you haven't gotten your flu vaccine yet, now's the time! An annual flu vaccine is the first and best way to protect against flu.



Vaccination is the Best Way to Prevent Flu!

As long as flu viruses are spreading and causing illness, vaccination can still provide protection against flu. Most of the time, flu activity peaks between December and February in the United States, although activity can last as late as May. Flu activity is expected to increase in the coming weeks; the sooner you get vaccinated, the more likely you are to be protected against flu when activity picks up in your community.

Who Needs a Flu Vaccine?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against seasonal flu viruses. This season, CDC recommends the use of injectable flu vaccines (flu shots) only. Again this season, nasal spray flu vaccine is not recommended. Vaccination to prevent flu is particularly important for people who are at high risk of serious complica-

tions from influenza. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

Are You at High Risk?

One of the goals of NIVW is to communicate the importance of flu vaccination for people who are at high risk of developing serious flu-related complications that can lead to hospitalization or even death. Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either influenza virus infection alone or from co-infection with the flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle tissues (myositis, rhabdomyolysis), and multi-organ failure.

Flu virus infection can trigger an extreme inflammatory response in the body and can lead to [sepsis](#), the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with [asthma](#) may experience asthma attacks while they have flu, and people with [chronic heart disease](#) may experience a worsening of this condition triggered by flu. Flu vaccination and the appropriate use of flu antiviral medicines are very important for people who are at high risk of serious flu-related complications.

<https://www.cdc.gov/features/fighththeflu/index.html>

National Safety Toy & Gift Month

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of

the most stringent toy standards in the world; and stopping violative and dangerous toys at the ports and in the marketplace before they reach children's hands. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

Safety tips to keep in mind this holiday season:

Balloons

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be

supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

<https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/>

Outreach Events

QCHC Annual Toy and Accessories Drive

Please donate new or gently used, unwrapped gifts for children ages 2-12. Gender specific toys such as dolls, cars or trucks and unisex toys such as board games are acceptable.



New children's Hats, Gloves, Scarves and Sock donations are being accepted NOW!



Q's Quote Corner

When you start seeing your worth, you'll find it harder to stay around people who don't.