



# Positive Pulse Wellness Newsletter

Volume 4, Issue 6

December 1, 2017

"Promote and protect the wellness of our community through education, programs, and services."

## December 1st—World AIDS Day

December 1st, 2017 is "World AIDS Day".

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According to the CDC, HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These special cells help the immune system fight off infections. Untreated, HIV reduces the number of CD4 cells (T cells) in the body. This damage to the immune system makes it harder and harder for the body to fight off infections and some other diseases. Opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has

### AIDS.

In the United States, HIV is mainly spread by the following:

- Having anal or vaginal sex with someone who has HIV without using a condom or taking medicines to prevent or treat HIV.
- Sharing needles or syringes, rinse water, or other equipment (works) used to prepare drugs for injection with someone who has HIV. HIV can live in a used needle up to 42 days depending on temperature and other factors.

Less commonly, HIV may be spread by the following:

- From mother to child during pregnancy, birth, or breastfeeding. Although the risk can be high if a mother is living with HIV and not taking medicine, recommendations to test all pregnant women for HIV and start HIV treatment immediately have lowered the number of babies who are born with HIV.
- By being stuck with an HIV-contaminated needle or other sharp object. This is a risk mainly for health care workers.



DECEMBER 1

# World AIDS Day

## December 1st—World AIDS Day (continued)

### Prevention:

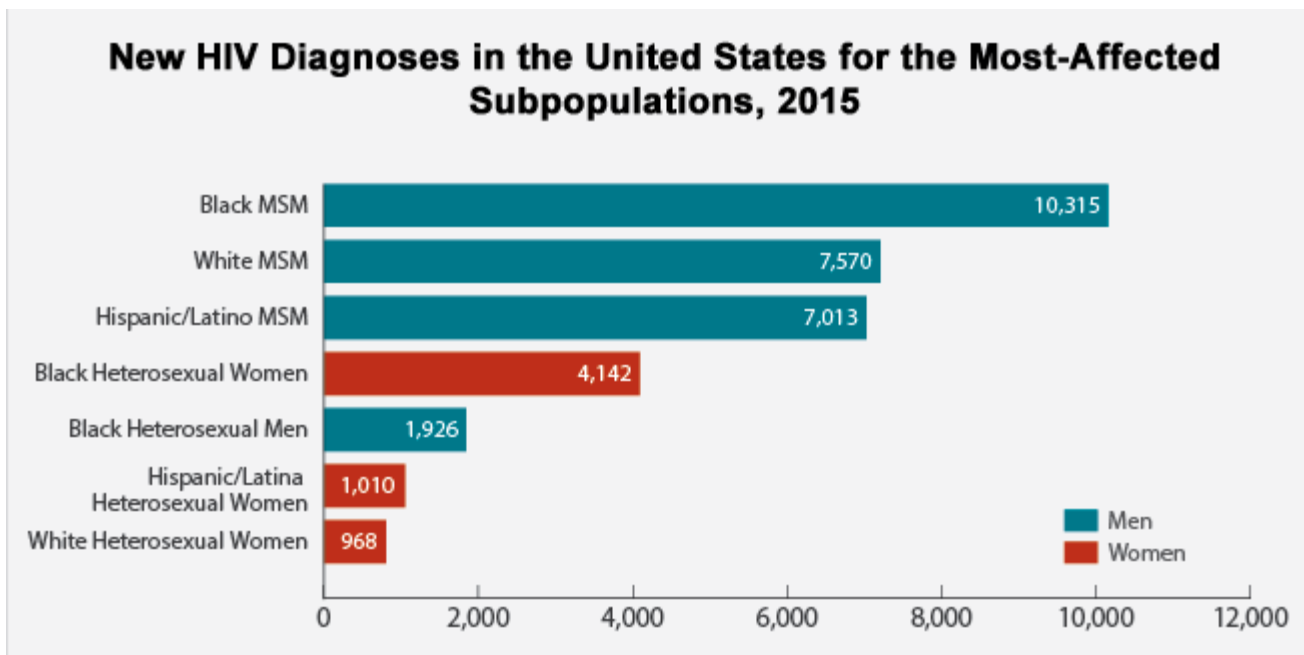
Today, more tools than ever are available to prevent HIV. In addition to abstinence, limiting your number of sexual partners, never sharing needles, and using condoms the right way every time you have sex, you may be able to take advantage of newer medicines such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP).

If you are living with HIV, there are many actions you can take to prevent passing it to others. The most important is taking medicines to treat HIV (called antiretroviral therapy, or ART) the right way, every day. They

can keep you healthy for many years and greatly reduce your chance of transmitting HIV to your partners.

### Testing:

The only way to know for sure whether you have HIV is to get tested. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. Knowing your HIV status gives you powerful information to help you take steps to keep you and your partner healthy.



Above graph available at [www.cdc.gov](http://www.cdc.gov)

## National Handwashing Awareness Week—December 3rd-9th

According to the CDC, handwashing is one of the best ways to protect yourself and your family from getting sick.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

### When should you wash your hands?

You can help yourself and others stay healthy by washing your hands often, especially during these key times when germs are likely to get on your hands and can easily spread to others:

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

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time:

- Wet your hands with clean, running water, turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Let's give everyone  
a [clean] hand





## “Clean Eating Recipe” - Creamy Squash Soup with Shredded Apples (Deliciously Healthy Dinners found on [www.cdc.gov](http://www.cdc.gov) website)

### Creamy Squash Soup With Shredded Apples

This quick-to-fix soup is bursting with warm-you-up-flavor—serve with a crisp green salad and crusty whole-wheat bread

Recipe Source: *Deliciously Healthy Dinners*

[Printer Friendly](#)

| Prep time  | Cook time  | Yields     | Serving Size |
|------------|------------|------------|--------------|
| 10 minutes | 20 minutes | 4 servings | 1½ C soup    |

#### Ingredients

- 2 boxes (16 oz each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 Tbsp olive oil
- ½ tsp pumpkin pie spice
- 2 cans (12 oz each) fat-free evaporated milk
- ¼ tsp salt
- ½ tsp ground black pepper

|               |          |
|---------------|----------|
| calories      | 334      |
| Total fat     | 4 g      |
| Saturated fat | 1 g      |
| Cholesterol   | 7 mg     |
| Sodium        | 370 mg   |
| Total fiber   | 5 g      |
| Protein       | 18 g     |
| Carbohydrates | 62 g     |
| Potassium     | 1,142 mg |

[Add to My Recipes](#)

#### Directions

- 1 Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
- 2 Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
- 3 Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
- 4 Stir in thawed squash and pumpkin pie spice.
- 5 Add the evaporated milk about ½ cup at a time, stirring after each addition.
- 6 Season with salt and pepper.
- 7 Cook and stir over high heat just until soup is about to boil.
- 8 Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice, if desired.