

# December 2016 Newsletter

## National Hand Washing Awareness Week

### TimeLine:

- December 1:  
World AIDS Day
- December 1–7:  
Crohn's and Colitis  
Awareness Week
- December 4–10:  
National Hand  
Washing Awareness  
Week
- December 4–10:  
National Influenza  
Week

### Clean Hands Save Lives!

Clean hand hygiene is one of the best ways to get rid of germs, avoid sickness and prevent the spread of germs to other people. Washing your hands regularly can stop the spread of many diseases and medical conditions.

It is recommended to wash your hands: before and after preparing or eating food, before and after caring for a sick person or a wound, after using the toilet or changing diapers, after handling garbage and after blowing your nose, coughing or sneezing.

Hand washing should be done using soap and clean running water, however, if this is not available hand sanitizers may be used. Rub the hand sanitizer into your hands and fingers until dry.



### Did You Know?

It is recommended to scrub your hands for at least 20 seconds. You can remember this by humming the Happy Birthday song twice !



## National Influenza Week

### What is the Flu?

The flu is a respiratory illness that can affect the nose, throat and lungs. It can be mild to severe and at times may even lead to death. The flu is contagious but you can protect yourself by getting vaccinated !

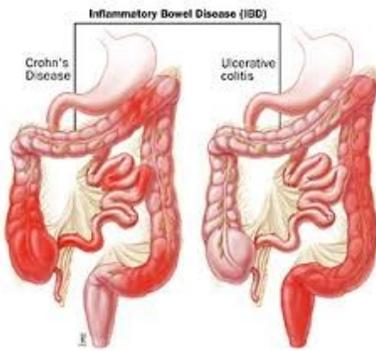
### Flu Vaccination

The flu vaccine protects you and those around you from serious illness and helps prevent hospitalizations related to the flu. The 2016—2017 flu vaccine has been updated to protect you from the most common flu viruses for the season

The vaccine takes about 2 weeks after vaccination for your body to develop antibodies against the flu. Flu outbreaks are higher between December and February.

Kings Pharmacy is ready to provide you with your influenza vaccine today and have your questions answered by a licensed pharmacist.

## Crohn's and Colitis Awareness Week



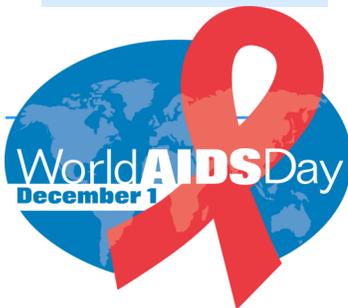
Crohn's disease and colitis are the two most common types of inflammatory bowel disease which is a chronic or reoccurring immune response and inflammation of the GI tract. Crohn's disease affects the entire digestive tract, whereas ,colitis only affects the large intestines.

**Crohn's disease** symptoms include persistent diarrhea, abdominal cramping and pain, possible rectal bleeding or fever.

**Ulcerative Colitis** symptoms include progressive loosening of stools, loss of appetite / weight loss and fatigue.

**Medications** used to treat irritable bowel disease can be in the form of tablets, rectal suppositories, enemas, or even injections. If you or someone you know are taking medications for the treatment of Crohn's Disease or Ulcerative Colitis , ask your pharmacist about questions you may have.

**DO YOU KNOW  
YOUR HIV  
STATUS?  
DON'T WAIT. GET  
TESTED!**



**ASK YOUR  
PHARMACIST ANY  
QUESTIONS YOU MAY  
HAVE ABOUT YOUR HIV  
TREATMENT !**

## World AIDS Day- December 1st, 2016

### HIV

The Human Immunodeficiency Virus attacks the body's immune system which is the body's defense mechanism against disease. Once a patient becomes infected by HIV, it stays in the body for life. However, HIV medication treatment can keep the virus controlled and will help keep the immune system healthy. If a person is diagnosed with HIV that doesn't necessarily mean they also have AIDS.

### AIDS

AIDS (Acquired Immune Deficiency Syndrome) is

the most advanced stage of the HIV infection. If a patient is diagnosed with AIDS then the patient has both HIV and AIDS. The diagnosis of AIDS can be life threatening but can be prevented if HIV is caught early and treated. Early treatment of HIV can prevent AIDS and complications.

### HOW IS HIV TRANSMITTED?

HIV can be passed on through infected semen, vaginal fluids and rectal secretions via unprotected vaginal or anal sex as well as sharing infected

needles. HIV can also be transmitted via oral sex, the risk is lower but still exists.

### TREATMENT

Medications that are available for the treatment of HIV are highly effective. A person on treatment can achieve an undetectable level of the virus in the blood. This means that they cannot pass on HIV. Although HIV is controllable, **THERE IS NO CURE FOR HIV.** Once a patient is infected, they are infected with HIV for the rest of their life.