

CLINIC View

Newsletter

Family Care Center Highlights

December 2022 Vol. 3, Issue 4

Inside This Issue

- ❖ A Word from the Clinic
- ❖ World Aids Day
- ❖ Fight The Flu

Important Dates

Clinic Closes Early

- ❖ Clinic Closes at 5 December 19-21
- ❖ Clinic Closed December 22--31

COVID UPDATE 22/23

- ❖ Positive cases isolate for a minimum of 5 days with pay
- ❖ Released from isolation after being fever free for 24 hours without fever-reducing medication
- ❖ Continue to wear mask for 10 days
- ❖ Employee will use employee portal to electronically self-report to provide your direct supervisor and payroll preparer with positive COVID-19 results
- ❖ Must show positive PCR test or Rapid test result

The End of The Year

It may be hard to believe, but 2022 is already coming to an end. For those of us looking to improve upon our health, there is still some time left to tackle a few things we may not have had the time for during the year. This may include lifestyle changes, health-centered tasks, or even New Year's resolutions you made back in January. Making an end-of-the-year health checklist can be a great way to bring your health and wellness back in focus as the year comes to an end.

- ❖ Schedule an Annual Exam
- ❖ Review Health Benefits
- ❖ Use Leftover Vacation Time
- ❖ Identify Bad Habits

Knowing what areas you need to work in can be very helpful in setting goals for the future.

[click](#) here for more information.



What is World Aids Day?

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.

Why is World AIDS Day Important?

Globally, there are an estimated 38 million people who have the virus.

Worlds AIDS Day is important because it reminds us that HIV has not gone away, fight prejudice and improve education.

[click](#) for more information



When is Flu Season

While seasonal influenza (flu) viruses are detected year-round, flu viruses typically circulate during the fall and winter during what's known as the flu season. Most of the time flu activity peaks between December and February. Since the start of the COVID pandemic, the timing and duration of flu activity has been less predictable.

Do other respiratory viruses circulate during flu season?

Other respiratory viruses also spread during flu season. One such virus cause symptoms similar those seen with the flu infection. Respirator syncytial virus (RSV) most common cause of severe respiratory illness in your children and the leading cause of death from respiratory illness in those aged 65 years and older.

[click](#) here for more information