



# Wellness Newsletter

Augusta Technical College

## World AIDS Day: December 1st

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December 1st is World AIDS Day. Established by the World Health Organization in 1988, World AIDS Day serves to focus global attention on the devastating impact of the HIV/AIDS epidemic. Observance of this day provides an opportunity for governments, national AIDS programs, churches, community organizations and individuals to demonstrate the importance of the fight against HIV/AIDS.

With an estimated 38.6 million people worldwide living with HIV at the end of 2005, and more than 25 million people having died of AIDS since 1981, December 1st serves to remind everyone that action makes a difference in the fight against HIV/AIDS.

Today there are an estimated 1.039 million to 1.185 million HIV-positive individuals living in the United States—the largest number ever according to the Centers for Disease Control and Prevention. Of these, between 252,000–315,000 people do not know they are infected, and thus are suffering from a lack of treatment, while at the same time may be unknowingly spreading the virus. 1 About 225,000 who do know their status are not getting the care they need. These numbers will continue to grow unless everyone takes decisive action against the disease. 2 HIV/AIDS is taking a devastating and disproportionate toll on people of color in the United States.

Community leaders and organizations can play a critical role in fighting the disease in their neighborhoods, and The Leadership Campaign on AIDS (TLCA) is dedicated to helping them do it.

### What Can You Do?

- Learn more about HIV/AIDS and its impact on your community.
- Protect yourself against HIV infection. Know the risks associated with sex and drug use.
  - Get tested. It's important to know your HIV status to protect yourself and others.
  - Get medical care and support if you're living with HIV. Effective treatments exist.
  - Educate others about HIV/AIDS. Talk openly and honestly about prevention and treatment.
  - Volunteer at a local HIV/AIDS organization.
  - Organize a community meeting. Invite educators,



- faith and business leaders, health care professionals, neighbors, and friends to talk about HIV/AIDS and its impact locally. Even if three people show up, change can happen!
- Help someone living with HIV/AIDS by being a friend.
- Help end the stigma associated with HIV/AIDS.

To learn more about AIDS check out:

<http://www.omhrc.gov/hivaidsobservances/world/index.html>

### National Health Observances

- *Aplastic Anemia Week (1st—7th)*
- *Drunk and Drugged Driving Prevention Month*
- *Hand Washing Awareness Week (3rd—9th)*
- *Safe Toys and Gifts Month*
- *Tie One On For Safety Campaign (11/23-1/1)*
- *World Aids Day (1st)*

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## Choosing Toys For Your Child's Age Group

Guidelines published by the CPSC (Consumer Product Safety Commission) and other organizations can help you determine which types of toys are appropriate for your child. Still, you'll need to use your own judgment when following the guidelines and packaging labels. Even though toy manufacturers are required to meet safety standards, some toys still may be improperly labeled or have some other unforeseen safety issue by the time they reach the store shelves. And most aren't recalled until a problem with the toy is reported. Despite the CPSC's best efforts, dozens of toys are still on its recall list because of safety concerns that were realized *after* the toys were already distributed to stores.

Whenever buying a new toy, always read labels to make sure the toy is appropriate for your child's age. You may think that because your child seems mature for his or her age, he or she can handle a toy that was meant for an older child. However, you're not doing your child a favor by buying a toy for an advanced age group. Remember, the age-appropriate level for a toy is determined by safety factors.

Always look for toys that appear to be well constructed and that clearly include age recommendations on the labels. Toys made of fabric should be labeled as flame resistant or flame retardant. Stuffed toys should be washable. All toys should be painted with lead-free paint, and art materials (including crayons) should say nontoxic somewhere on their packaging.

Also, if a new toy is shrink-wrapped, be sure to immediately discard the plastic wrapping after opening the toy for the first time. Small children, especially toddlers, may look at plastic wrap as something new and fun to play with and put it into their mouths and choke. Holiday gift wrapping, ribbons, and bows can be hazards as well.

Federal law bans using small parts in new toys for children younger than 3, and those for kids younger than 8 are supposed to be free of sharp glass and metal edges. But be aware that older toys (like hand-me-downs or toys purchased used) may include sharp edges, break into jagged pieces, or break into parts small enough to be swallowed by a child.

### Other Things to Consider

Shopping for toys online may be convenient, but you should be aware that Internet toy retailers are not required to include information about choking hazards or age-appropriateness in their product descriptions. What's more, some online toy sellers may be foreign manufacturers whose products aren't even required to meet strict U.S. regulations - so be careful when buying online.

Also, as video games and computer games continue to gain in popularity, remember the motto "All things in moderation." The AAP recommends limiting your child's screen time - whether it's video games, computer games, or TV - to 1 or 2 hours per day. You should also monitor your child's video games for violence, making sure your child's games are appropriate for his or her age and development. If your child is younger than 5, choose games that you can play together.

And finally, keep in mind that the best products on the market are not necessarily the most expensive, the flashiest, or the fad toys that will be all but forgotten in a few months. Choose toys that inspire your child's imagination, and avoid those that promote violence, reinforce negative stereotypes, or limit your child's natural creativity. Often the simplest toys - the ones that don't "do" anything - are the ones your child will love for years to come.

For more information on child toy safety :

[http://kidshealth.org/parent/firstaid\\_safe/home/safe\\_toys.html](http://kidshealth.org/parent/firstaid_safe/home/safe_toys.html)



## Some Cold, Hard Facts About Drinking And Driving

Although alcohol-related traffic fatalities have been on the decline in recent years, the certainty of highway deaths due to alcohol impaired drivers is so predictable each holiday period many state highway patrol departments each year issue highway fatality "projections" that will turn out to be uncanningly accurate.

In spite of all the warnings, public awareness and educational programs, stiffer penalties for violations, and efforts by law enforcement agencies across the nation to be more visible and diligent in protecting the highways, people will still make the decision to get behind the wheel of their vehicles while intoxicated.

The sad fact is motor vehicle wrecks are the leading cause of death in the United States for persons under age 34, according to the Centers for Disease Control and Prevention Morbidity and Mortality Reports. Of those deaths, more than 40 percent are alcohol-related. *Forty percent!*

### How dangerous is drinking and driving?

A driver with a blood alcohol concentration (BAC) of 0.10 or greater is seven times more likely to be involved in a **fatal** motor vehicle crash than is a driver who has not consumed alcoholic beverages, and a driver with an alcohol concentration of 0.15 or greater is about 25 times more likely.

Basically, the more you drink the more likely you are to have an accident, and a fatal one. The same applies for the likelihood of having any vehicle acci-

dent, fatal or otherwise. Here's the cold hard facts:

A 160-pound person drinking two beers within an hour would probably have a BAC of 0.04, well below the legal limits of driving under the influence, but **1.4 times more likely to have an accident** than someone who is sober.

Two more beers? The likelihood of an accident goes up almost tenfold to 11 times more likely that the non-drinking driver. As the amount of alcohol in the driver's system rises mathematically on the BAC scale, the likelihood of a traffic accident *multiplies!*

Two more beers? Up to a six-pack now? The likelihood of having an accident is now **48 times higher** than the abstainer and the driver has just now reached the 0.10 BAC level.

Two more? Hey, you've already had a six pack, two more couldn't hurt, right? Except two more beers could put your BAC close to 0.15 at which point you are **380 times** more likely to have an accident.

Play it smart during the weekend and holidays. If you plan to party away from home -- and this includes on the water -- be sure to appoint a designated driver for the car or operator for the boat. What ever you do, don't get behind the wheel if you've been drinking!



<http://www.nhtsa.dot.gov/>

## Eggnog—Slimmed

Our holiday eggnog has half the calories of regular alcohol-free eggnog, and almost 95 percent less fat a perfect drink to toast your New Year's Resolutions.

3 cups non-fat milk  
2 (1 by 2-inch) pieces orange zest  
1 cinnamon stick

2 large eggs  
1/2 cup sugar  
1 tablespoon pure vanilla extract

Serving suggestion: Ground cinnamon  
Special equipment:  
Milk frother or Immersion blender

In a non-stick saucepan combine 2 cups of the milk, the orange zest, and cinnamon. Heat over medium-high heat until just below a boil. Remove from the heat and set aside for 30 minutes to steep. Refrigerate the remaining cup of milk. Reheat the milk mixture to a simmer over medium heat. Meanwhile, in a medium bowl whisk together the eggs and sugar. Gradually pour half the hot milk into the egg mixture while whisking constantly. Pour the hot egg mixture back into the milk and cook the custard over low heat, stirring constantly until thickened, about 4 minutes. Don't let the custard boil. Strain custard into a bowl. Discard the cinnamon and orange zest. Add the vanilla to the custard and set aside to cool to room temperature, then refrigerate until cold. When ready to serve, foam the reserved cold milk with a milk frother or immersion blender, and fold into the custard. Serve eggnog in cups dusted with cinnamon.

<http://www.foodtv.com/>

## Hand Washing Awareness Week Promotes Disease Prevention

The general public often ignores one of the easiest and least expensive disease prevention techniques. Hand washing is the single most effective way to prevent the transmission of disease. It's especially important to remember this during influenza season, and when handling foods.

December 3-9 is National Hand Washing Awareness Week and offers an opportunity to remind the public about the importance of practicing good hygiene through washing your hands.



Hand washing helps prevent colds, hepatitis A, meningitis, and infectious diarrhea as well as many other diseases. According to the Centers for Disease Control and Prevention, the correct way to wash your hands is to wet your hands and apply liquid

or clean bar soap. Secondly, rub your hands vigorously together for at least 10 to 15 seconds to dislodge and remove germs. Finally, rinse your hands well and dry them.

The new alcohol-based hand rubs are effective in reducing the number of germs on skin if your hands are not visibly soiled. The rubs are fast acting and cause less skin irritation, but it is important to remember that they are not effective when the hands are visibly soiled.

In the home, hand washing can prevent infectious diseases from spreading from family member to family member and throughout a community. The basic rule in the home is to wash your hands before preparing food, after handling raw foods, after changing diapers, and after using the bathroom. The most important thing that you can do to prevent illness is to wash your hands frequently. That washes away germs that you may have picked up from people, contaminated surfaces, animals or animal waste. You can infect yourself when you touch your eyes, nose or mouth after your hands have picked up germs from other sources. One of the most common ways people catch colds is by rubbing their nose or

their eyes after their hands have been contaminated with the cold virus.

It is especially important to wash your hands:

- before, during, and after you prepare food;
- before you eat;
- after you use the bathroom or change a diaper;
- after handling animals or animal waste;
- when your hands are dirty; and more frequently when someone in your home is sick.



An estimated one out of three people do not wash their hands after using the restroom, so hand washing becomes extremely important in preventing diseases. Properly washing your hands can save money on doctor's visits and medical bills. That's extra money in your pocket.

Article adapted from:

[http://www.elpasocitycountyhealth.com/English/press\\_releases/news\\_washhands.html](http://www.elpasocitycountyhealth.com/English/press_releases/news_washhands.html)

