

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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November Spotlight: Infection awareness

This month, we're highlighting information about preventing infections. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about how to deal with common respiratory infections from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Colds and the flu: What to ask your doctor \(adults\)](#)
- [Resfriados y gripe en adultos: Qué preguntarle al médico](#)
- [COVID-19: What to do when you are sick](#)
- [COVID-19: Qué debe hacer si se enferma](#)
- [Respiratory syncytial virus \(RSV\)](#)
- [Virus sincicial respiratorio \(VSR\)](#)

These additional links from other health organizations offer more information about infection awareness:

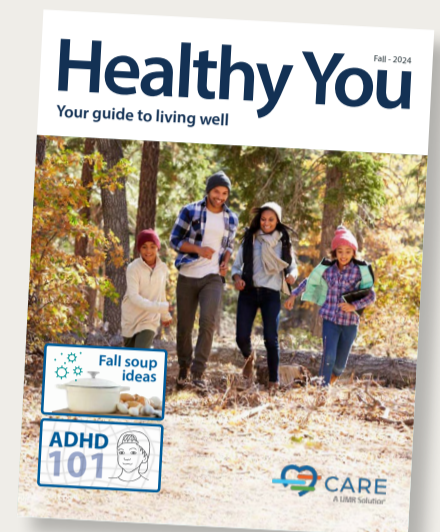
- [Vaccines & Diseases - Vaccinate Your Family](#)
- [Fight Germs. Wash your hands!](#)
- [About Sexually Transmitted Infections \(STIs\)](#)

Healthy recipes

- [Apple Crunch Yogurt Bowl](#)
- [Chicken and Rice Soup](#)
- [No-Crust Pumpkin Pie](#)
- [Smoothie Bowl](#)

Mental health awareness

Practicing gratitude every day can improve your emotional well-being. It helps train your brain to notice and appreciate the little things in life. Gratitude can also help decrease depression, anxiety, difficulties with chronic pain and risk of disease. [Learn more about ways to practice gratitude and find resources that can help.](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[How to stay germ-free](#)

Clean hands are the first line of defense for preventing colds, flu, COVID-19 and RSV. Here are a few tips for proper washing.

[ADHD 101](#)

Learn about the symptoms, misconceptions, how it's diagnosed and treatment options.

[Preventive vs. diagnostic care](#)

What's the difference between the two, and how can they impact your wallet?

Find the entire **Fall** issue [here!](#)