

# January 2025

## Avoid Winter Illnesses

Did you know that over 200 different viruses can cause the common cold? According to the Centers for Disease Control and Prevention (CDC), American adults get two to three colds per year, while children have even more. Winter is the peak cold season, so this information shouldn't come as a surprise when you think about how many people you may see sneezing and coughing during the colder months.

In the last couple of years, both influenza (flu) and COVID-19 have been prominent, and with the rise of respiratory syncytial virus, or RSV, there are new risks when catching any of these illnesses. Fortunately, you can help keep illnesses at bay and stay healthy with these six tips:

- 1. Wash your hands frequently.** It's the best way to protect yourself from catching illnesses.
- 2. Avoid touching your face.** Remember not to touch your eyes, nose and mouth with unwashed hands, as this can spread illnesses.
- 3. Stay home when sick.** Keep a distance from those who are sick, and stay home if you're not feeling well.
- 4. Drink more water.** Stay hydrated so you can flush toxins out of your system.
- 5. Get plenty of sleep.** Good quality sleep can help keep your immune system strong.
- 6. Stay active.** Moderate exercise can help you manage weight, reduce anxiety and improve sleep quality.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## It's National Blood Donor Month

Winter is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January. This month, resolve to be a blood donor and consider the following health benefits of donating blood regularly:

- **Detects health problems**—Donated blood is tested, so you can find out if there are any irregularities. You're also required to undergo a quick health screening before giving blood.
- **Reduces heart disease risks**—Donating can help eliminate any excess buildup of iron in the blood, which can lower one's risk of a heart attack.
- **Burns calories**—The blood donation process typically burns up to 650 calories.

Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' [requirements](#) to donate blood safely.