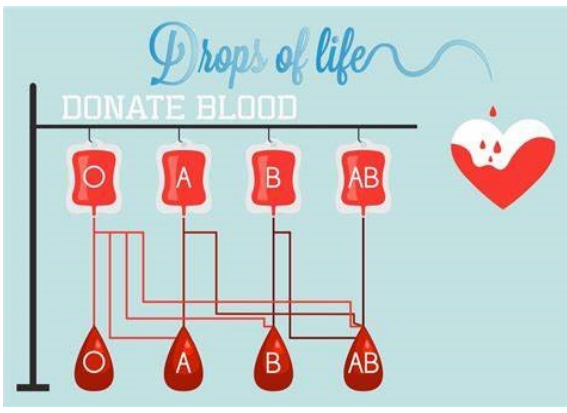


# WHAT THE HEALTH!?

## Blood Donation Facts and Statistics

- \* 4.5 million American need blood transfusions each year
- \* Someone needs blood every 2 seconds
- \* 43,000 pints of donated blood are used each day in the U.S. and Canada
- \* About 1 in 7 people entering a hospital need blood
- \* You can donate blood every 8 weeks
- \* One pint of blood can save up to 3 lives
- \* Shortages of all blood types happen during the summer and winter holidays



## WINTER HEALTH HAZARDS

### DRY, ITCHY SKIN

Moisturize your hands after washing, drink plenty of water, and wear gloves when outside



### ARTHRITIS PAIN

Keep a physical activity regimen with joint-friendly exercises, manage your weight, and take prescribed medications



### SEASONAL DEPRESSION

Seek help from a professional, reach out to loved ones for support, and make sure you're getting enough vitamin D



### WEIGHT GAIN

Balance holiday treats and comfort foods with fresh fruits and vegetables, whole grains, lean proteins, and regular exercise



### COLDS, FLUS, & BUGS!

Wash your hands, disinfect surfaces, stay up-to-date on vaccinations, and stay home when sick



### FROSTBITE

Stay inside on very cold days, if you must go out - dress in layers and cover as much skin as possible



January 2022

# Shed Light ON HUMAN TRAFFICKING

KNOW SOMEONE AT RISK OF SEXUAL EXPLOITATION?  
Text INFO or HELP to BEFREE (233733)