

SHAC NEWSLETTER

Student Health and Counseling Center (SHAC)

December 2015

Inside This Issue

World AIDS Day

National Influenza

Vaccination Week



World AIDS Day

What is World AIDS Day?

World AIDS Day is held on December 1st of each year. It is an opportunity for people around the world to unite in the fight against HIV and show their support for people living with HIV and to commemorate people who have died.

Why is World AIDS Day Important?

There are an estimated 36.9 million people who have the virus. Even though the virus was only identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. World AIDS Day also reminds the public and government that HIV has not gone away, there is still a need to increase awareness, raise money, fight prejudice and improve education.

Our Global Response

Today, scientific advances have been made in HIV treatment. There are also laws to protect people living with HIV. The Center for Disease Control (CDC) provides support that helps more than 60 countries to strengthen their national HIV/AIDS programs and build sustainable public health systems. CDC's innovative programs are helping countries collect and use more detailed data to target HIV treatment services to where they are needed most and to reduce the cost of delivering services.

Our Domestic Response

Around 1.2 million people are living with HIV in the United States, and 1 in 8 doesn't know it. The number of new HIV diagnoses has remained fairly stable in recent years. More tools than ever are available to prevent HIV, including pre-exposure prophylaxis. This year, the White House updated the [National HIV/AIDS Strategy](#) to 2020. CDC supports the strategy's vision of a nation where new HIV infections are rare.

National Influenza Vaccination Week

What is National Influenza Vaccination Week (NIVW)

NIVW is held this year from December 6-12

In 2005, the CDC established National Influenza Vaccination Week to highlight the importance of continuing flu vaccination through the holiday season and beyond.

Facts about the Flu Vaccine

- The flu vaccine is the best tool available to protect against this potentially serious disease.
- Millions of doses of influenza vaccine have been administered to people safely for decades.
- Flu vaccine can reduce flu illnesses, doctors' visits, missed work due to flu, as well as prevent flu-related hospitalizations.
- Yearly vaccination is needed because:
 - Flu viruses are always changing, and the vaccine is updated each year to better match circulating influenza viruses, and
 - Immune protection from vaccination declines over time so vaccination is recommended every season for the best protection against the flu
- In the United States, flu activity is usually highest between December and February and can last as late as May. As long as flu viruses are circulating, it's not too late to get vaccinated.
- Children 6 months through 8 years old who are getting vaccinated for the first time will need two doses of flu vaccine.
- There are two types of flu vaccines available this year; Flu vaccines made to protect against three different flu viruses called "trivalent" vaccines," and flu vaccines made to protect against four different flu viruses called quadrivalent vaccines.
- The CDC recommends that all healthcare workers get vaccinated annually against influenza. Since SMU is a health sciences institution, all students are required to receive the vaccine unless a waiver is indicated.



HAVE YOU GOTTEN YOUR FLU VACCINE? National Influenza Vaccination Week
GET VACCINATED NOW! December 6 - 12, 2015
IT'S NOT TOO LATE!
www.cdc.gov/flu

Get your Flu Vaccine
FREE at the SHAC
today!

Source:
<http://www.worldaidsday.org/>

Source:
<http://www.cdc.gov/features/flightheflu/index.html>