



## Know the Signs of Heat-Related Illness

### Heat Cramps: Mildest form of heat stress

- *Symptoms:* muscle cramps, pain, or spasms in the abdomen, arms, or legs
- *Treatment:* Stop activity and sit in a cool place, drink clear juice, sports beverage, or have water with a snack (avoid salt tablets)
- Seek medical attention if you have heart problems, are on a low sodium diet, or if the cramps don't stop within one hour of resting in a cool place.

### Heat Exhaustion: Moderate form of heat stress

- *Symptoms:* fast heart rate, heavy sweating, extreme weakness or fatigue, dizziness, nausea, vomiting, irritability, fast shallow breathing (like panting), slightly elevated body temperature
- *Treatment:* Rest in a cool area, drink plenty of water, clear juice, sports beverages, cool shower or sponge bath
- Seek Medical attention if symptoms do not begin to resolve within one hour

### Heat Stroke: Serious, life-threatening heat stress

- *Symptoms:* high body temperature, confusion, loss of coordination, hot, dry skin or profuse sweating, throbbing headache, seizures, coma
- *Treatment:* Request immediate medical assistance (dial 911), move person to a cool, shaded area, remove excess clothing and apply cool water to their body while waiting for EMS



## PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



### Daytime is the most dangerous

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night.



### Use insect repellent It works!

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



### Wear protective clothes

Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



### Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information: [www.cdc.gov/zika](http://www.cdc.gov/zika)

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Stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.

*July 21st marks Zero HIV Stigma Day*, spearheading a movement and uniting people, communities, organizations, and entire countries to raise awareness and act against HIV stigma, which reinforces and amplifies the HIV pandemic and related inequalities.

### **What you can do to help:**

***Talk about HIV with your friends and family*** – talk openly about HIV to help normalize the subject. Be mindful of your own misconceptions, learn more about HIV, and be aware that how you talk about HIV and people with HIV can lead to discrimination, shame, and fear about getting tested, treated, or seeking prevention methods.

***Talk about HIV prevention and safer sex practices*** – even if you don't have HIV or know someone who does, you can learn about HIV prevention (PrEP), safe sex practices, and how to get tested. Talk to your partner(s), friends, and family about prevention and safety.

***Take action to end HIV stigma*** – Learn and use person-first language that is respectful to those living with HIV. The CDC has a Stigma Language Guide to help located here: <https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html#Stigma-Language-Guide>

***Encourage testing*** – At-home tests can be ordered confidentially via <https://takemehome.org/>.

**Every year, 1.3 million people lose their lives to hepatitis. And new data from the World Health Organization shows the number of deaths is rising. It's time for action.**

**(World Hepatitis Alliance)**



# World Hepatitis Day 28 July

**Take action.  
Test. Treat. Vaccinate.**

[worldhepatitisday.org](http://worldhepatitisday.org)  
[#WorldHepatitisDay](https://twitter.com/WorldHepatitisDay)



- Hepatitis is now the world's deadliest virus, after COVID-19.
- There are over two million new cases of hepatitis every year.
- Over 300 million people are living with hepatitis.
- Hepatitis is the leading cause of liver cancer.
- There are only six years left to meet the global goal of eliminating hepatitis by 2030 – but we are moving backwards.

Hepatitis is an inflammation of the liver that is caused by a variety of infectious viruses and noninfectious agents. It leads to a range of health problems -- some of which can be fatal. There are 5 main strains of the hepatitis virus, types A, B, C, D and E.

While they all cause liver disease, they differ in important ways including modes of transmission, severity of the illness, geographical distribution and prevention methods. Types B and C lead to chronic disease and together are the most common cause of liver cirrhosis, liver cancer and viral hepatitis-related deaths.

Vaccination is available for Hepatitis A and B. Hepatitis B vaccine helps prevent Hepatitis D (only those infection with Hepatitis B can develop Hepatitis D). There is no vaccine for Hepatitis C. Prevention includes using condoms during sex and practicing safe hygiene such as hand-washing with soap and water and avoiding using a infected person's personal items. Avoid sharing needles. Get tested and treated – Hepatitis A and C are curable.