

WINTER 2022

Healthy Together

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Tips for a Healthy Winter

It is tempting to spend the winter months hibernating on the couch.

But if you do, you will miss the other joys of the season. Like taking walks in your coziest jacket, then savoring a warm bowl of vegetable soup afterward. Here are some tips for enjoying a healthy, happy winter this year:

Winterize your exercise. When weather permits, walking, jogging and biking are great cardio activities year-round. But for fun you can only have this time of year, try cross-country skiing, ice skating and snowshoeing.

Stay warm out there. Use loose-fitting layers to stay toasty outside. Make the innermost layer a moisture-wicking fabric (not cotton). Add a water-resistant coat and waterproof shoes, plus a hat and scarf. And do not forget mittens, which are warmer than gloves.

Beat the winter blues. The gray days of winter can lead to a gloomy mood. To boost your spirits, stay socially engaged and physically active. The cold air will help you feel more alert and energized, too.

Put the D in your diet. Your body makes vitamin D when skin is exposed to sunlight, but production often drops in winter. To make up for it, get plenty of vitamin D from food instead. Good sources include vitamin D-fortified milk, juice, soy drinks and fatty fish such as salmon, tuna and mackerel.

Be kind to your skin. Cold air and low humidity can lead to dry, itchy skin. To protect your skin, limit showers or baths to no more than 10 minutes and use warm (not hot) water.

Stay tough on germs. To prevent COVID-19, flu and colds from slowing you down, wash your hands often for

about 20 seconds. Soap and water are best, but if needed, you can use alcohol-based hand sanitizer.

One last suggestion: It does not have to be New Year's Day for you to resolve to make a positive change. Set a goal that is realistic to achieve. Then create a plan. By putting your plan into action, you will end the season healthier than you started it.

**We are here to help
any day, any time.
24/7 NURSE ADVICE LINE
1-800-562-4620
Call ANYTIME you
want to talk to
a nurse.**



COVID-19 Corner

Understanding Treatment Options

We all want good news about treatments for COVID-19. Some things you hear may be true. But others turn out to be false, and acting on them could be dangerous.

It is always a good idea to talk about what you have heard with your own health care provider. In the meantime, here is some information about 2 often-discussed drugs.

What are monoclonal antibodies and when are they used?

Monoclonal antibodies are proteins made in a lab that are like the ones made by your body to fend off sickness. Some have emergency use authorization from the U.S. Food and Drug Administration (FDA) for fighting COVID-19.

Monoclonal antibodies can be used in 2 ways:

- **As a treatment for COVID-19, to help avoid hospitalization or death.** This use is for people with mild to moderate illness who are at high risk of getting sicker. This might be due to age (65 years or older) or a health condition such as heart disease or diabetes.
- **For prevention, to help people exposed to COVID-19 avoid getting symptoms.** This use is for some high-risk people who do not have enough vaccine protection against COVID-19.

So, does the vaccine still matter?

Yes! For the best protection, no treatment can replace getting the COVID-19 vaccine. For one thing, compared with monoclonal antibodies, the protection it gives may last much longer.

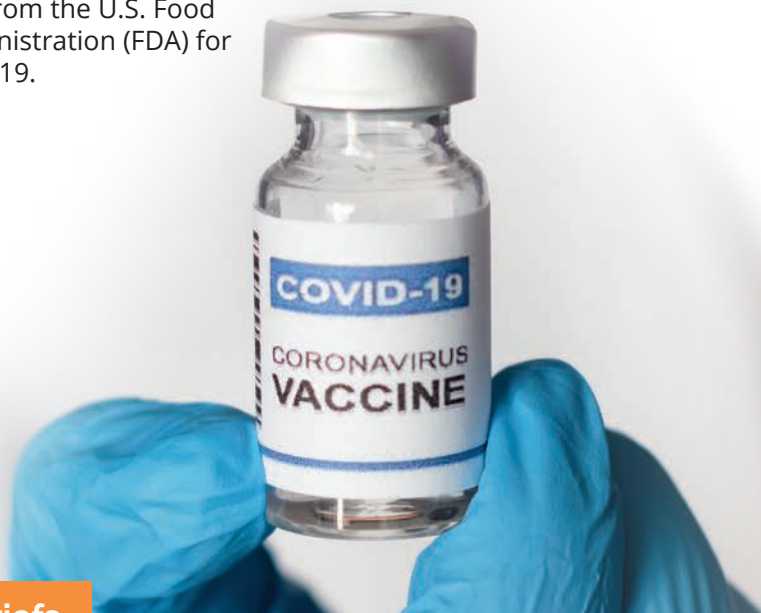
What about ivermectin as a treatment option?

Ivermectin is a drug used to treat parasites in animals and people. Although some people may say otherwise, there is currently no evidence that it works to treat or prevent COVID-19. It is not approved by the FDA for this purpose.

Is taking animal ivermectin safe?

No. Ivermectin products for animals, available for purchase in some stores, may contain doses that are far too high for people. An overdose could cause illness, hospitalization or even death. These products may also have ingredients not tested for human use. Trying to self-treat with ivermectin is a bad idea.

Note: This information was current at time of publication. For the most up-to-date information on COVID-19, visit www.cdc.gov/coronavirus.



+ health briefs

Booster Shot Status

Wondering if you can get a COVID-19 booster shot yet? For the latest news on who can get another dose, you can visit getvaccinated.oregon.gov. You will also find a lot of other helpful, up-to-date facts there.



Test Yourself

At-home tests can be a fast, easy way to see if you have been infected with COVID-19 when you cannot be tested by a health care provider. If you use one, follow all instructions closely. That includes when to take the test and how to understand the results. Learn more at www.cdc.gov/coronavirus.



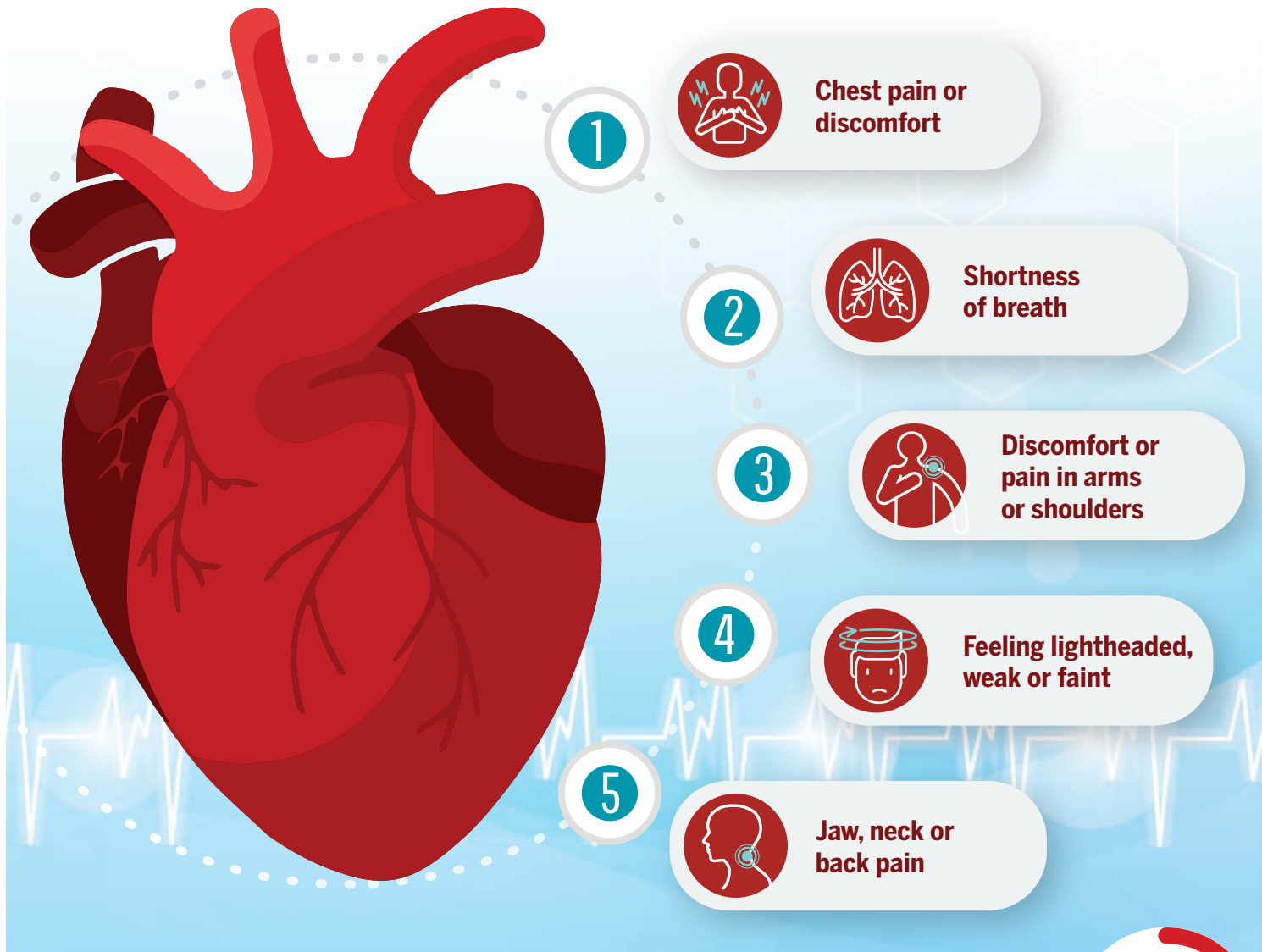
Vaccine Required?

If you need a vaccine for work or school, you can still sign up for your no cost shot by visiting getvaccinated.oregon.gov. Not only is it safe for you, the vaccine is the best way to limit the spread of COVID-19 to others around you who may be at higher risk for serious illness.



DO YOU KNOW THE TOP 5 SYMPTOMS OF A HEART ATTACK?

Speedy treatment for a heart attack can mean the difference between life and death. But millions of Americans cannot identify the most common warning signs. Can you name them all?



RAISE AWARENESS

Some people are less familiar with heart attack symptoms than others, including:



Men



People who were not born in the U.S.



People who are not insured

KNOWING NOW PAYS OFF LATER

Memorize these 5 signs so that if you ever experience them, you do not waste precious time second-guessing your symptoms. **Call 911 immediately.**





Oregon Health Plan Care Coordination
 P.O. Box 2480
 Tualatin, OR 97062

Ready to quit tobacco?

Call a Quit Coach 24 hours
 a day, 7 days a week,
 in 170+ languages:

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Online:

www.quitnow.net/oregon

Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our Website at **www.OHPCC.org**.

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Ways to Avoid Holiday Weight Gain

Do you have a weakness for your sister's cherry cheesecake, your aunt's casserole or your cousin's cookies? The holiday season is filled with tasty obstacles that can trip up your weight-loss goals. These tips can help you get through the celebrations without gaining weight:

1 Be realistic. It is no fun to be stressed out and trying to lose weight during the holidays. Instead, aim to hold the line at your current weight.

2 Shop smart. Look for healthier versions of festive foods, like low-fat or nondairy eggnog, unsweetened apple cider, unsalted nuts and low-calorie dips.

3 Keep hunger in check. Have a light snack before going to a party so that you will not be so hungry you overdo it.

4 Enjoy yourself. Eat your favorite foods, but in small portions. Do not sample everything, just what you look forward to most. Go easy on high-calorie beverages.

5 Make time for exercise. Exercise is a great way to burn calories and lower stress. To find time, get up a half-hour early. Walk a few extra laps around the store while you shop. Make a holiday hike or post-meal walk a new tradition.

What if you do overindulge? Try not to dwell on it. Just get back to your exercise and eating plan the next day. With a little care, you can enjoy that cheesecake without having to loosen your belt a notch.

