

CELEBRATING

22
YEARS

Latino Times

MERRY CHRISTMAS AND HAPPY NEW YEAR

Special Healthcare Spotlights from Health Plan of San Joaquin

National Influenza Vaccination Week (Dec 5-9)

This is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Flu remains a significant public health concern. This week will serve to remind people that there is still time to get a flu vaccine – the only vaccine that protects against flu – to prevent flu-related illness and potentially serious complications listed at ([cdc.gov/flu/symptoms/symptoms.htm#complications](https://www.cdc.gov/flu/symptoms/symptoms.htm#complications))

Supporting Women's Mental Health

A study published October 2022 in the American Journal of Obstetrics & Gynecology found that over the past decade, nearly 9% of females of childbearing age (15-44) who died by suicide were pregnant or recently postpartum. Mental health conditions and substance use disorders were common preceding circumstances. Find the study at <https://tinyurl.com/mr3scjry>.

Women can find local services for social support, case management, referral and assistance including the following: Black Infant Health Program of the San Joaquin County Public Health Services (209.468.3004); WIC programs for San Joaquin County (800.698.2304) and Stanislaus County (209-558-7377); and Pregnancy Connections (626.669.5046), a prenatal program

serving any pregnant person who lives in San Joaquin County who is also either unhoused (or unstably housed), and/or using substances, and/or has been diagnosed with syphilis at any time in their lives.

Holiday Safety Tips

School will be out for the holidays and your kids may have other toys they are playing with. Here are some toy safety tips to keep your family happy and healthy:

Find the Perfect Toy for the Right Age. Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child. Check to make sure there aren't any small parts or other potential choking hazards, before you settle on the perfect toy.

Don't Forget a Helmet for Riding Toys. Include a CPSC-certified helmet to keep them safe while they're having fun on a new bike, skateboard, scooter or any other riding equipment. Learn more bike safety tips and watch our helmet safety video.

Store Toys After Play. Use a bin or container to store toys after playtime is over. Make sure there are no holes or hinges that could catch little fingers.

Sign Up to Receive Product Recalls. Stay up to date on toy recalls. Safe Kids compiles product recalls specific to children and sends twice-monthly e-mail alerts for recent recalls.