

DECEMBER  
2020

## Exercising WHEN THE DAYS ARE SHORT

December 21 marks the shortest day of the year. If you exercise outdoors, you may find yourself in the dark. Keep these things in mind if you go out at dawn or dusk:

- Wear reflective gear and bright colors. Also consider taking a head lamp or flashlight. You want to be as visible as possible and have your own light source to see.
- Don't use headphones. You'll want your hearing to be sharp when visibility is low.
- Go against the flow if you're walking. Always walk against the flow of traffic. But, if you're biking, go in the same direction of traffic.
- Take a friend if you can. They can keep you motivated and offer extra safety.

Source: Department of Health and Human Services

# Are you getting enough vitamin D?

Everyone needs vitamin D for good health. Vitamin D is important because:

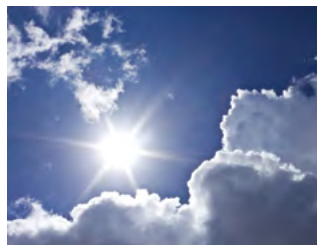
- It helps keep your bones strong.
- Muscles need it for strength and movement.
- Nerves use it when they send messages throughout the body.
- The immune system needs it to fight off illnesses.



## WHICH FOODS HAVE VITAMIN D?

Vitamin D is found in only a few foods, including:

- Fortified milk or milk alternatives like soy or almond milk
- Fortified cereals or juices
- Fatty fish such as salmon, tuna and mackerel
- Beef liver, cheese, egg yolks
- Mushrooms



## SUN EXPOSURE

The body can make vitamin D when your skin is exposed to the sun. But being out in the sun can raise your risk of getting skin cancer.

Because of the cancer risk, most experts don't recommend that you spend a lot of time in the sun without sunscreen. Instead, you should make sure you get enough vitamin D through diet or supplements.



## TAKING VITAMIN D SUPPLEMENTS

Some people may need to take vitamin D, but others don't. It depends on your health and how much you get from your diet or the sun.

If you are in one of these groups, you may have lower levels of vitamin D:

- People who have darker skin
- Older adults
- People who have Crohn's disease or celiac disease
- People who are obese

## BE CAREFUL WITH SUPPLEMENTS

Before taking vitamin D or any supplement, ask your doctor about it. Some supplements can interfere with medications or cause side effects.

Whenever you can, get your vitamin D and other nutrients from healthy foods. Don't use supplements to replace a healthy diet.



## Recommended Daily- Amounts of Vitamin D

Birth to 12 months:	400 IU
Children 1–13 years:	600 IU
Teens 14–18 years:	600 IU
Adults 19–70 years:	600 IU
Adults 71 years+:	800 IU
Pregnant and breastfeeding women:	600 IU

**With vitamin D, more is not always better. Vitamin D can be toxic at high levels. Don't take more than these amounts in supplements unless your doctor tells you to.**

# Flu shot FAQs

Every year, millions of people get the flu. Some get very sick and need to be hospitalized. Thousands of people die from the flu every year.

This year as we battle COVID-19, getting a flu shot is more important than ever. Flu shots decrease the chance that you will be hospitalized or die from the flu. This helps ensure that hospitals will not become overwhelmed with flu and COVID-19 patients.



## WON'T LAST YEAR'S SHOT HELP ME?

Everyone needs to get a flu shot every year. There are two reasons why:

- Your immune system's protection from the shot gets weaker over time.
- Flu viruses are always changing, so you need a shot that has this year's flu strains in it.

## WILL A FLU SHOT INCREASE MY RISK OF GETTING COVID-19?

No. Studies have shown that a flu vaccine will not put you at risk for COVID-19. But it will help protect you from the flu, which also protects your loved ones and people around you!

## WILL THE FLU SHOT GIVE ME THE FLU?

The flu shot is made from inactivated flu virus. An inactivated virus cannot give you the flu.

Some people notice side effects from the shot like aches or a mild fever. These side effects last only a day or two. This is much milder than getting the flu, where fever, aches and other symptoms last a week or longer.

## WHAT IF I'M NOT HIGH RISK?

Everyone 6 months of age and older should get the flu shot, even if they have no health problems. Even young, healthy people — including children — can become very sick with the flu.

When more people get the flu shot, we help protect people who are high risk, including babies, older adults and people who are allergic to the shot.

## IS IT TOO LATE TO GET A FLU SHOT?

Even if you haven't gotten your flu shot yet, it's not too late. After getting the shot, you won't have immunity right away. It takes about two weeks for your body to develop antibodies to the flu.

# Know your rights with rebates

The holiday shopping season is here, and with it comes big sales and big purchases. Some stores and companies advertise big rebate offers to get you to buy. These offers may promise you a certain amount of money back, either immediately or after you send in a form.

Usually, you buy the item, fill out and send in some paperwork, and wait for the rebate money to come in the mail. You probably need the sales receipt, a form and the packaging from the item. Sometimes you get a rebate within a month, but many rebates take longer — up to 12 weeks.

The Federal Trade Commission says people should beware of rebates that take too long to show up — or never come at all. Companies are required by law to send the rebate within the promised timeframe. If there's no timeframe listed, the timeframe is usually 30 days.



## FOLLOW THESE TIPS IF YOU BUY A PRODUCT WITH A REBATE:

- Make sure you follow all the steps on the rebate form. Enclose all of the required paperwork.
- Make a copy of all your paperwork. You'll want these records if your rebate doesn't show up or if there's a problem.
- Keep track of the date you sent the rebate. Contact the company if your rebate doesn't show up when they promised it.

If your rebate is late or never shows up, you can file a complaint. Contact the Federal Trade Commission, your state Attorney General or your local Better Business Bureau.

