

Health Department



Thank you for supporting DVAM!

The Siletz CARE Program would like to thank everyone who participated in the Domestic Violence Awareness Month activities in October. The CARE team asked CTSI staff and community members to wear purple on Tuesdays and hosted weekly ribbon skirt making activities. We also had two strong Siletz women graciously agree to share their powerful stories of resiliency and healing with us at the Dance House. We finished the month of October with a healing sweat for those affected by trauma. If you are interested in getting involved with our next healing event, we will be hosting a "letting go" ceremony on **December 12 at the Dance House from 5pm-7pm**. It will be a great opportunity to let go of anything you may be holding on to from 2018 and start 2019 off in a good way. We will be making prayer ties and writing letters which can be burned or kept as you choose.



We would like to give a special thanks to Tina Retasket and Kathy Kentta for teaching us all how to sew, and Ron Butler Jr. for helping us with ceremony.

You can reach us at:
Office: 541-444-9680

CARE Program services are strictly
CONFIDENTIAL

24 Hour Hope Line:
541-994-5959

It's Flu Season - Protect Yourself!

American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications

A yearly flu vaccine protects yourself and others around you

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for AI/ANs.¹

AI/ANs are more likely to die from pneumonia and flu than other races.¹

Across the U.S., the flu causes more than **200,000** HOSPITALIZATIONS EACH YEAR.

The flu poses a greater risk to:

Young children and elders

Pregnant women

People with diabetes, extreme obesity, heart disease, or asthma and other lung problems

AI/ANs are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Take 3 Steps to Fight the Flu:

- 1** Get a flu vaccine each year for everyone 6 months of age and older
- 2** Take everyday preventive actions to stop the spread of germs
 - Wash your hands often
 - Cover your coughs and sneezes
- 3** Take antiviral medicine if prescribed

Get a Flu vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor's offices

Pharmacies or grocery stores

Community health fairs

Ask your Community Health Representative or Community Health Aide for more information!

Protect yourself. Protect your community.

Get vaccinated. Protect the circle of life.

Flu symptoms can include:

FATIGUE
(FEELING VERY TIRED)
BODY ACHES
OR HEADACHES
Runny or stuffy nose
CHILLS
COUGH SORE THROAT
FEVER

*You can still have the flu and be contagious without a fever



¹Groom, A, et al. Pneumonia and Influenza Mortality among American Indian and Alaska Native People, 1990-2004. Am J Public Health. 2014 June; 104, Supplement 3: S460-S469. Published online April 2014. Accessed 12/7/15: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035860/.

²Accessed 12/10/2015: www.cdc.gov/flu/about/diseases/2014-15.htm

World AIDS Day

December 1st is World AIDS Day, an opportunity to work together to stop new HIV infections, support those affected by HIV, and remember those who have lost their lives to HIV related diseases.



HIV Prevention Tips:

- Get tested and know your partner's HIV status!
- Use condoms - you can get FREE condoms at the Siletz Community Health Clinic.
- Limit the number of sexual partners you have.