

December 2025 - Empowering Health. Elevating Communities

As we close out the year, the Youngstown Local Office on Minority Health sends you love, peace, and good health. Thank you for being a part of our community's journey toward equity, wellness and hope.

Let's honor World AIDS Day, protect each other during flu season, practice kindness, and keep our families safe and warm this holiday season.

World AIDS Day - December 1

Every year on December 1, communities around the world pause to honor World Aids Day. This is a time to remember the lives lost to HIV/AIDS, support those living with HIV, and recommit to education, prevention, and ending stigma.

HIV continues to disproportionately impact people of color due to barriers like limited access to care, stigma, and social determinants of health. When we talk openly about HIV, encourage testing, and support one another, we help save lives.

What you can do:

- **Know your status**- Talk to your healthcare provider or local clinic about HIV testing.
- **Get educated** - Learn about prevention tools like condoms, PrEP, and regular testing.
- **End the stigma** - Use respectful language, listen without judgment, and show compassion to those living with HIV.
- **Stay in care** - If you or someone you love is living with HIV, staying connected to care and taking medication as directed can help maintain health and reduce transmission.

Together, we can create a community where everyone has the chance to be healthy, supported, and informed.

Free Rapid HIV Testing at the Youngstown City Health Department

The Youngstown City Health Department offers free and confidential rapid HIV testing on Tuesdays, Wednesdays, and Fridays from 10:00 AM - 2:00 PM.

If you have questions or would like more information, please contact the Nursing Division at 330-742-8221.

Taking charge of your health starts with knowing your status, we're here to support you every step of the way!

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National Influenza Vaccination Week- December 1 - 7

National Influenza Vaccination Week is observed December 1 -7 to remind us that it's not too late to get a flu shot. Flu season is here, and vaccination is still one of the best ways to protect yourself, your family, and our community.

We know communities of color often face higher rates of chronic conditions like asthma, diabetes, and heart disease, conditions that can make the flu more serious. Getting your flu shot is an important way to protect yourself and the people around you.

Flu prevention reminders

- **Get your flu shot** - Talk with your healthcare provider, local pharmacy, or health department.
- **Wash your hands often** - Use soap and water or hand sanitizer when you're out and about.
- **Cover your cough and sneeze** - Use a tissue or your elbow.
- **Stay home when sick**- Rest, recover, and help stop the spread.

Taking a few simple steps now can help keep you and your loved ones healthy all winter long.

Flu Shots Available at the Youngstown City Health Department

As we recognize National Influenza Vaccination Week, remember that getting your flu shot is one of the best ways to protect yourself and your loved ones this season.

The Youngstown City Health Department Nursing Division offers flu vaccines in office for \$25 without insurance.

For information or to schedule your visit, please call 330-742-8221.

Stay healthy, stay protected, and take care of yourself this winter.

The Gift of Giving: It Doesn't Cost to Be Kind

The holidays are filled with gifts, lights, and shopping but some of the most meaningful gifts don't come with a price tag. Kindness, time, and compassion go a long way, especially for those who may be feeling lonely, stressed, or overwhelmed this season.

Free ways to give this holiday:

- **Check on someone** - Call, text, or visit a friend, neighbor, or elder just to say, "I'm thinking of you."
- **Offer a helping hand** - Shovel a sidewalk, carry groceries, or help someone with transportation to appointments.
- **Share information**- Connect people to resources like local food pantries, coat drives, support groups, and health services.
- **Speak life**- A kind word, a genuine compliment or a simple "thank you" can brighten someone's entire day.

REMEMBER IT DOESN'T COST TO BE KIND, BUT KINDNESS CAN CHANGE SOMEONE'S LIFE.

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Holiday Safety Tips: On the Road, In the Stores & In the Cold

Safe Driving During Winter Weather:

Cold weather and busy roads can make driving more dangerous. A few precautions can help keep you and others safe.

- **Slow down-** Allow extra time to reach your destination.
- **Increase following distance** - Give yourself more room to stop on wet, snowy, or icy roads.
- **Clear your car** - Remove all snow and ice from windows, mirrors, and lights before driving.
- **Avoid distractions** - PUT THE PHONE DOWN and keep your eyes on the road.
- **Never drive under the influence** - Plan for a designated driver, rideshare, or taxi if you're celebrating.

Shopping & Personal Safety:

Holiday shopping, online and in person can open the door to scams and unsafe situations. Stay alert and protect yourself!

- **Be aware of your surroundings-** Park in well-lit areas and avoid walking alone at night if possible.
- **Secure your belongings** - Keep purses zipped, bags close to your body and avoid leaving packages visible in your car.
- **Limit what you carry** - Bring only what you need: one card, ID, and a small amount of cash.
- **Protect your information online** - Shop on secure websites, avoid clicking suspicious links, and monitor your accounts for unusual activity.
- **Trust your instincts** - If something doesn't feel right, leave the area or ask for help. Do not hesitate to contact 911.

Staying Warm & Safe in Cold Weather:

Cold temperatures can be especially hard on older adults, children, and people with chronic health conditions. Staying warm is a health issue, not just a comfort issue

- **Dress in layers-** Wear a hat, scarf, gloves, and warm socks when going outside.
- **Limit time outdoors** - Take breaks inside to warm up, especially on very cold or windy days.
- **Use heaters safely** - Keep space heaters away from curtains and furniture and never use ovens or grills to heat your home.
- **Check on loved ones** - Make sure family, friends and neighbors have heat, warm clothing, and blankets.
- **Know the signs of trouble-** Confusion, shivering, slurred speech, or extreme tiredness can be warning signs of hypothermia. Seek medical help if you notice these symptoms.