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## Flu Shots Now Available at the Anson Health Department

Winter is still here, and with the lower temperatures flu season is upon us. The Anson County Health Department wants to inform the public about influenza (flu) and how the department can help prevent the deadly virus.

In the United States flu is detected year-round, however, it is most common during the fall and winter months. Influenza activity often begins to increase in October and November. Flu activity peaks between December and February and can last as late as May.

Flu is a transmittable breathing illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. Flu is different from a cold and can come on suddenly. Flu symptoms involve:

- fever • cough • sore throat • runny or stuffy nose • body aches
- headache • chills • fatigue • sometimes diarrhea and vomiting

Although fever symptoms are included, not everyone may have a fever when catching flu. Research shows that flu is spread through tiny droplets made when people with flu cough, sneeze or talk. These tiny droplets can land on people nearby. People with flu are most contagious the first 3-4 days.

The Center for disease control (CDC) recommends everyone over the age of 6 months should get the flu vaccine each season.

It is especially important for the following high risk groups:

- pregnant women • people of any age with certain chronic medical conditions
- children younger than 5, but especially children younger than 2 years old

- people 50 years of age and older • healthcare workers
- people who live in nursing homes and other long-term care facilities
- people who live with or care for those at high risk for complications from flu fatigue
- household contacts of persons at high risk for complications from the flu
- household contacts and out of home caregivers of children less than 6 months of age.

The Health Department offers appointments for flu shots but will also provide walk-in times from 9:00 to 11:00 a.m. and 2:00 to 4:00 p.m., Monday through Friday.

The health department accepts the following primary insurance for the influenza vaccination: Medicare, Medicaid, Medcost, Aetna, Cigna, Blue Cross Blue Shield, and United Healthcare.

Children without insurance coverage ages 6 months through 18 years of age may receive a free influenza vaccination. Please bring in all insurance cards for verification of primary insurance coverage. The costs for individuals without active primary insurance coverage are: Influenza \$51 and High Dose Influenza \$96.

The Anson County Health Department is located at 110 Ashe Street in Wadesboro. Hours are Monday through Friday, 8:30 a.m. to 5:00 p.m. If you have any questions or would like to schedule an appointment please call the Anson County Health Department at 704-694-5188 or 704-994-3321.

For further information contact Dinikia Savage at 704-994-3342.

## The Ryan White Program at the Health Department

Throughout the cold winter month of December, the Anson County Health Department is participating in World AIDS Day. World AIDS Day is used to raise awareness about HIV/AIDS, encourage people to get tested, and take action to support people living with HIV.

World AIDS Day is a worldwide benefit to raise awareness, fight prejudice, and improve education about HIV, the virus that causes AIDS. World AIDS Day is each December 1.

Around the world, about 37 million people are living with HIV. In the United States, about 38,500 people get infected with HIV every year. The only way to know if you have HIV is to get tested. It's important that everyone ages 15 to 65 gets tested for HIV at least once. Some people may need to get tested more often.

**Some people living with HIV may have little to no access to health care resources than others living with HIV. This may be due to:**

- No health insurance • Fewer financial resources • Less access to transportation
- Fewer health care resources available in the area • Lack of housing
- Lack of emotional or physical support
- Fear of telling their family about their HIV

This is why it is important to create awareness amongst HIV/AIDS and inform those about the resources that are available such as the Ryan White Program. The Ryan White HIV/AIDS Program provides primary medical care and support services for people living with HIV who are uninsured or underinsured. The Program works with cities, states, and local community-based organizations to provide HIV care and treatment services to more than half a million people each year. The Program reaches approximately 52% of all people diagnosed with HIV in the United States. The Program serves as an important source of ongoing access to HIV medication that can enable people living with HIV to live close to normal lifespans.

The Ryan White program covers people affected by HIV in Anson, Cabarrus, Gaston, Mecklenburg, Union Counties, North Carolina; and York County, South Carolina. The program provides resources such as:

- Medical, dental, and vision care • Health insurance assistance • Housing
- Transportation • Child care and family services • Employment assistance
- Mental health and substance use • Food, clothing, and financial assistance

The Ryan White program is offered in Anson County. For more information about the program or assistance getting started, please call Dinikia Savage at 704-994-3342. The Anson County Health Department also offers free HIV and STD testing.

The Health Department's hours are Monday through Friday, 8:30 a.m. to 5:00 p.m. The walk-in hours for the STD clinic are Monday through Thursday, 8:30 to 11:00 a.m. and 1:00 to 3:30 p.m. For more information on HIV and STDs, symptoms, or treatment contact STD nurse Lori Burr at 704-994-3340.

The Anson County Health Department is located at 110 Ashe Street in Wadesboro. Learn more about the Ryan White Program at [hab.hrsa.gov/about-ryan-white-hiv-aids-program](http://hab.hrsa.gov/about-ryan-white-hiv-aids-program).

## Dr. Martin Luther King, Jr. Annual Community Breakfast

Sponsorship opportunities are available

Members of the Dr. Martin Luther King, Jr. Planning Committee are organizing the annual Community Prayer Breakfast to be held on Saturday, January 18, 2020, at the South Piedmont Community College Lockhart-Taylor Center, located at 514 North Washington Street in Wadesboro.

The breakfast is scheduled to begin at 8:00 a.m. The theme for this year's breakfast is "Martin Luther King, Jr. Community Unity Breakfast." Prayer points will focus on: Equality, Unity, Social Justice, and Love.

Community groups and churches are invited to reserve tables by sponsorship levels. The following are the sponsorship levels:

- Diamond (\$300 reserves 3 VIP tables seating 30 persons);
- Platinum (\$200 reserves 2 VIP tables seating 20 persons);
- Gold (\$100 reserves 1 VIP table seating 10 persons);
- Silver (\$75 reserves seven seats); Bronze (\$50 reserves five seats);
- Supporting Sponsor (\$25 reserves 2 seats); Donation of any amount for those unable to attend.

All other tickets are \$10 each. Make checks payable to MLK Committee, c/o Rev. Dr. Bernice Bennett, P. O. Box 6, Lilesville, N. C. 28091.

If you would like to participate in the planning of this event, sponsor a table, or purchase a ticket, contact Rev. Bernice Bennett (704-475-0165) or a member of the Dr. Martin Luther King, Jr. Planning Committee. Members of the Planning Committee are Joletha Little, Marlene Richardson, Jarvis Woodburn, Sylvia Pratt, Winnie Bennett, Bernice Bennett, Brenda Broadway, Dannie Montgomery, Davi Trotti, Joann Coppadge, Cornelia Liles and Elizabeth Kersey.

The sponsor order deadline is December 31.

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## National Wreaths Across America Day

Anson Memorial Park will join the more than 1,600 participating locations across the country to Remember, Honor and Teach on Saturday, December 14 at 12 noon.

National nonprofit Wreaths Across America (WAA) is pleased that Leavitt Funeral Home and Anson Memorial Park in Wadesboro will be joining in the effort to support the mission to Remember, Honor, Teach, as an official location for 2019. This is the first year that the cemetery will participate in this national event.

The ceremony will take place at Anson Memorial Park on Saturday, December 14 at 12 noon, with the laying of the wreaths following the ceremony.

This also served as a fundraising event for Anson Community Hospice, as \$5 from every wreath sponsored will be donated to Anson Community Hospice.

Wreaths Across America started as a simple gesture of thanks that has grown into a national movement of dedicated volunteers and communities coming together to not only remember the nation's fallen and honor their service, but to teach the next generation about the sacrifices made for us to live freely. This year, there will be more than 1,600 participating locations placing wreaths on National Wreaths Across America Day - Saturday, December 14, 2019 - with more than two million volunteers coming together.

"We are forever grateful for the thousands of supporters who dedicate their time and effort to fulfilling our mission on a local level," said Karen Worcester, executive director, Wreaths Across America. "These individuals and their communities know the value of remembering the fallen, honoring those who currently serve and teaching the next generation about the sacrifices made for our freedom every day, and without their continued support, Wreaths Across America would not exist."

More information is available at [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).

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